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Tuesday



Gadhafi's regime was taken off the terror list.

Speaking Terms: U.S. to restore relations with Libya | **7**

Tax Defeat: Supreme Court rejects D.C. commuter case | **11**

In Mourning: Cavs join Hughes for his brother's funeral | **13**



ENTERTAINMENT



Alone Again: Naturally, and *Nick Lachey* won't stop singing about it. Also, Metallica's James Hetfield; author Philip Roth's latest novel.

>> **17-22**

Weather >> P.M. Shower



74 | 56

FULL FORECAST ON PAGE 34

Border CONTROL

Guard Duty: Bush orders troops to help fight illegal immigration | **3**

DARIO LOPEZ/MILLS AP



ON PATROL: A man caught transporting illegal immigrants is handcuffed in Aravica, Ariz. National Guard troops will be deployed to stop illegal immigration.

Duke Player Denies Rape

Indicted captain from Bethesda calls charges 'fantastic lies'

DURHAM, N.C. | A Duke University lacrosse team captain became the third player indicted in the rape scandal Monday and the first to speak out, blasting the charges against him as "fantastic lies."

"I look forward to watching them unravel in the weeks to come," said David Evans, a just-graduated 23-year-old economics major from Bethesda, Md., who was one of four team captains.

At a news conference, Evans was backed by other players and his mother, Rae Evans,

a Washington lobbyist who is the chairwoman of the Ladies Professional Golf Association board of directors.

The charges followed a March 13 party at an off-campus house, where a 27-year-old black student at nearby North Carolina Central University told police she was raped and beaten by three white men after she and another woman were



Evans

hired as strippers.

Evans, a graduate from Landon High School, also proclaimed the innocence of sophomores Reade Seligmann, 20, of Essex Fells, N.J., and Collin Finnerty, 19, of Garden City, N.Y., who were indicted last month on the same charges.

An assistant in District Attorney Mike Nifong's office said he had no comment on the charges.

Defense attorneys have insisted all the players are innocent, citing DNA tests they say found no match between any of the team's white players and the accuser. (AP)

BARTENDING | Stiff Drink or Stiff Penalty Sydney, Australia, bars will be tested to make sure they are not selling watered-down drinks, the Australian Associated Press reported. After police discovered a Sydney hotel was selling di-



luted whiskey, city health inspectors decided to sample and test beer vodka, whiskey, gin and rum at downtown bars and pubs. Watering down drinks is against the law in the city, carrying with it a maximum penalty of \$197,000 fine. (EXPRESS) **EyeOpeners** | Page 2

eyeOpeners

EXPERTS

Fare and Balanced

The British Broadcasting Corp. has admitted it was taken for a ride by a cabbie. The network has apologized to its viewers for a studio mix-up that resulted in a cab driver appearing on live television as an expert on Internet music downloads. "We interviewed the wrong person," a spokeswoman said Monday. "We apologize to viewers for any confusion." The case of mistaken identity occurred May 8—the day Britain's High Court awarded Apple Computer a victory in a lawsuit against Apple Corps, the Beatles' commercial arm. In a story about the verdict, correspondent Karen Bowerman interviewed a man the BBC thought was computer expert Guy Kewney. (AP)



METHANE

Fire Down Below

An operation in Invercargill, New Zealand, was aborted after a flash-fire sparked by the patient's flatulence, the New Zealand Press Association reported. The man, at Southern Cross Hospital, was having hemorrhoids

removed when the methane from his own gas was ignited by the sparks from a handheld tissue-cutting and cauterizing machine. The man suffered minor burns in the "exceedingly rare" incident, a hospital employee said, adding, "it was fairly alarming at the time." The hospital said it is investigating. (EXPRESS)

KILLING

'Can I Write About Your Reputation?'

A St. Joseph, Mo., high school teacher has apologized for asking students to

write about who they would kill and how they would do it, and officials said he will likely keep his job. Michael Maxwell, who teaches industrial technology at Central High School, said his request that students in his beginning drafting

class describe how they would carry out a murder was merely a writing prompt. "I made a horrible mistake that I regret," Maxwell said. "I want to apologize to my students, my colleagues and to the community." (AP)



SUZANNE MAPES/AP

PAGEANTS

Dressed To the Canines

Isn't she pretty in pink? Uhhh ... actually, no, she's still pretty ugly. But that was somewhat the point Sunday at the tongue-in-cheek Bulldog Beauty Contest in Belmont Shore, Calif., where Jacquelyn Jaeger adjusted the sunglasses on her bulldog, "Molly," while the dog strutted in front of the media and judges. The annual event debuted last year. (EXPRESS)



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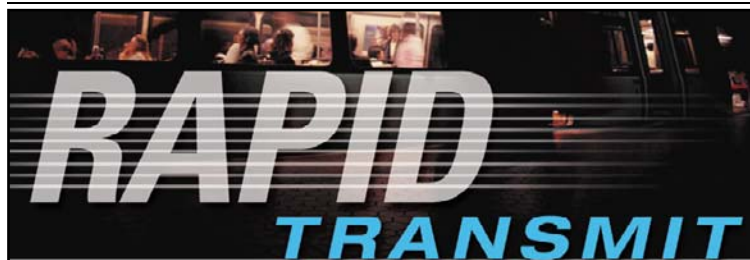
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BAD CONNECTION: Nearly 10 percent of Americans have given up landlines and depend solely on cell phones, a trend that worries pollsters. Polling firms have few ways of contacting the typically younger and more liberal group, adding to concern that general polls will be inaccurate.



Nation

In Brief

NEW YORK

City Sues 15 Gun Shops in 5 States Over Weapon Sales

The city of New York is suing 15 out-of-state gun shops it says supply a significant portion of the guns that flow into New York, including some that end up in the hands of criminals. The lawsuit being filed Monday asks for supervision and extra training for the dealers in Georgia, Ohio, Pennsylvania, South Carolina and Virginia. It also seeks damages and compensation. (AP)

WASHINGTON

Congress: Gov't Still Not Ready for Another Katrina

The government won't be ready for another major disaster such as Hurricane Katrina unless the Pentagon takes a more aggressive role in the federal response, congressional investigators said Monday. Poor planning contributed to problems after the storm struck in August, the Government Accountability Office said. (AP)

HONOLULU

Infant's Hand Severed in Chocolate Factory Machine

An 18-month-old girl's hand was cut off when it became caught in a conveyor belt at a chocolate factory she was touring with her family, officials said. The girl's left hand was caught Saturday in a belt at the Menhune Mac Factory Gift Center, fire officials said. Employees had bandaged the girl and retrieved her hand. (AP)

Bush Taps Guard for Border Patrol

President outlines plan on immigration reform amid heated debate

WASHINGTON | President Bush is to order as many as 6,000 National Guard troops to increase enforcement at the Mexican border, part of a \$1.9 billion drive to tighten security and win conservative backing in Congress for a broad election-year overhaul of the nation's tattered immigration laws.

"We do not yet have full control of the border and I am determined to change that," Bush was expected to say in remarks prepared for a prime-time speech from the Oval Office.

The speech comes as the Senate begins work on legislation to strengthen border security, authorize new guest worker programs and give an chance at citizenship to most of the estimated 12 million people already living in the U.S. illegally.

Congressional officials who were briefed in advance of the speech said the president would ask Congress to increase the number of Border



REFORM PLAN: President Bush delivers a speech on immigration on Monday.

Patrol agents and to support construction of additional facilities to detain illegal immigrants. They said the National Guard troops would not be involved in law enforcement, but would take support jobs currently held by federal agents, freeing them for front-line duty.

On citizenship, the White House

told congressional officials the president planned to say that illegal immigrants, required to stand in line behind legal immigrants applying to become citizens, are not being granted amnesty.

Bush's plan to use National Guard troops at the border ran into criticism from Democrats and

Reactions to the Plan

→ Bush's speech shows that the immigration issue has shifted from a political strength to a liability, Dan Balz writes. Plus, Doug Struck writes that Canadian officials worry about border backlash. Some say a National Guard presence will do little to secure the border. Also, Tom Shales critiques the president's address.

IN The Washington Post

Republicans alike.

"The National Guard already is stretched to the limit by repeated tours in Iraq and Afghanistan, as well as from providing disaster assistance in their own states," said Sen. Edward M. Kennedy, D-Mass., though he commended Bush for "courage and leadership" in weighing in on the debate.

The president's call for tougher border security is part of a broader plan to overhaul a system that he has described as inhumane, with desperate foreigners risking their lives for a chance to earn U.S. wages.

NEDRA PICKLER (AP)

Pentagon ID's Gitmo Detainees in List

WASHINGTON | The Pentagon gave The Associated Press on Monday the first list of everyone who has been held at Guantanamo Bay, more than four years after it opened the detention center in Cuba. But none of the most notorious terrorist suspects were included, raising questions

about where they are being held.

The handover marks the first time that everyone held at the prison in the Bush administration's war on terror has been identified, according to Navy sources. A total 201 inmates have never before been disclosed by the Defense Department. (AP)

Fla. Gator Attacks Worry Officials

MIAMI | The weekend deaths of two women from apparent alligator attacks cap an unprecedented burst of three deadly attacks on people in a week.

Before the most recent attacks,

only 17 deaths had been recorded in Florida since 1948, according to the Florida Fish and Wildlife Conservation Commission.

Although Florida has never before had such a concentration in so short a time, wildlife officials said there is no pattern to the attacks. Only 351 attacks on humans have been noted in the past 58 years. (AP)

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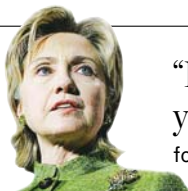
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Nation



"I said, 'I'm sorry, I didn't mean to convey the impression that you don't work hard.'" —**Sen. Hillary Clinton**, on her apology to daughter Chelsea for saying last week that young people today "think work is a four-letter word."

Rove Blames War for Low Approval

White House deputy pins Iraq to Bush's plummeting polls

WASHINGTON | Presidential adviser Karl Rove blamed the war in Iraq on Monday for dragging down President Bush's job approval ratings in public opinion polls. "People like this president," Rove said. "They're just sour right now on the war."

Rove said that Bush's likeability ratings are far higher than his approval ratings.

"There is a disconnect" because of the Iraq conflict, Rove told the

American Enterprise Institute.

"I think the war looms over everything. There's no doubt about it," Rove said during a question-and-answer session after a speech on the economy at the conservative think tank.

Rove, who is deputy White House chief of staff and Bush's top political adviser, brushed aside a question on his own role in the federal CIA-leak investigation, saying he would not go beyond statements by his attorney. "Nice try," Rove told the questioner.

The presidential adviser, widely credited with securing Bush's win



Karl Rove addresses the American Enterprise Institute on Tuesday.

in 2000 and re-election in 2004, was questioned about public opinion polls that show the president's plunging approval ratings. A recent AP-Ipsos poll showed Bush approval at 33 percent. Other national polls put it around 30 percent.

Rove said that Bush's likeability, his personal approval ratings, were in the 60s in some polls. "Job approval is lower. And what that says to me is that people like him, they respect him, he's somebody they feel a connection with, but they're just sour right now on the war. And that's the way it's going to be."

TOM RAUM (AP)

Bausch & Lomb Pulls Product After Infections

ROCHESTER, N.Y. | Bausch & Lomb Inc. has permanently withdrawn a new-formula contact-lens cleaner viewed as the "potential root cause" of a far-flung outbreak of fungal eye infections known to cause blindness.

The Food and Drug Administration said Monday that the eye-care company thinks ReNu with MoistureLoc's unique disinfecting and moisturizing agents "in certain unusual circumstances can increase the risk" of developing Fusarium keratitis. (AP)



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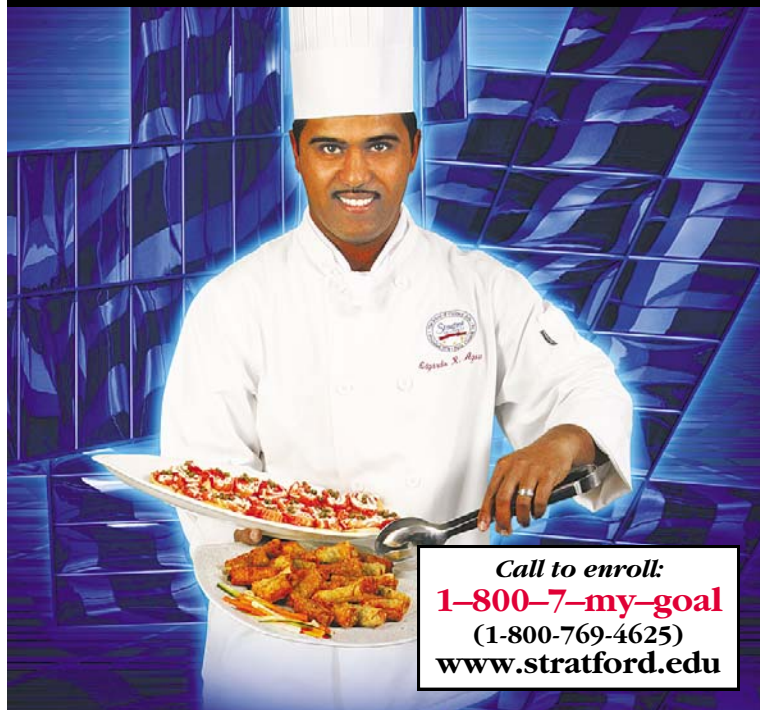


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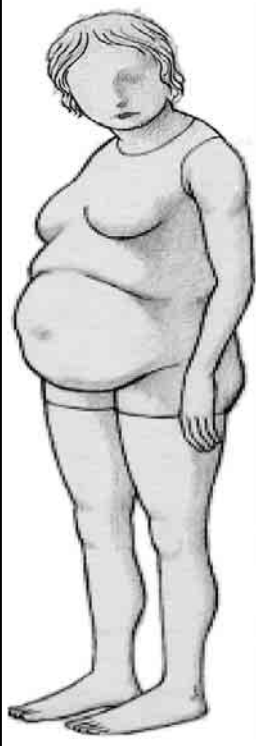
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Nation

209

The number of public schools in the U.S. that offer separate-gender classes. Advocates say the classes accommodate different learning styles and cut in-class distractions.

Water Rising in Northeast

**Flooded rivers threaten
3 New England states
as rainstorms continue**

HAVERHILL, MASS. | Emergency crews used boats to rescue people trapped in their homes and sewage systems overflowed Monday as rain hit New England for the fourth straight day in what could prove to be the region's worst flooding since the 1930s.

The National Weather Service said rain levels could hit 15 inches in some places by late Monday.

In the Merrimack Valley, north of Boston on the New Hampshire line, the Merrimack and Spicket rivers overflowed their banks and forced the evacuations of hundreds of people.

Tens of millions of gallons of sewage spilled the Merrimack River after pipes burst in Haverhill on Sunday, and millions more poured from a treatment plant in Lawrence after floodwaters knocked it out of service Monday.

"It's going to get worse before



PADDLING OUT: Tim Stone repositions an absorbent boom near oil storage tanks in Manchester, N.H., that tipped due to rising flood waters from storms, on Monday.

it gets better," Gov. Mitt Romney said.

In New Hampshire, more than 600 roads were damaged, destroyed or under water. In southern Maine, fast-rising floodwaters forced scores of families to flee homes near the

Mousam River.

Harder rains were predicted for late Monday, threatening to push the Merrimack, Spicket and other large rivers further over their banks and swamping entire neighborhoods.

BROOKE DONALD (AP)

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DOCS WALK: Some 12,300 doctors across Germany walked off their jobs at state-run hospitals Monday, stepping up demands for better pay and conditions. A doctors' union is looking for a pay rise of up to 20 percent to compensate for unpaid overtime.

World

In Brief



Sri Lankan sailors carry the coffin of a colleague killed in a Tamil suicide attack.

COLOMBO, SRI LANKA **Rebel Leader: Government Is Targeting Tamil Civilians**

Sri Lanka's government is waging an undeclared war on ethnic Tamils, a senior rebel leader charged Monday. Speaking at a funeral for four guerrillas killed last week in a suicide attack on a government navy patrol boat, K.V. Balakumaran, a senior Tamil Tiger rebel leader, accused the Sri Lankan military of targeting Tamil civilians. Spiraling violence over the last week claimed dozens of lives, adding to fears that a 2002 cease-fire could collapse, plunging the nation back into civil war. (AP)

N'DJAMENA, CHAD **Deby Cruises to Third Term With 77.6% of Recent Vote**

President Idriss Deby, who faced only token opposition in this month's presidential election, won a third term with 77.6 percent of the vote in a nation that has been roiled by violence from neighboring Sudan, the electoral commission said. The main opposition alliance boycotted the May 3 vote in this emerging oil producer, with three of Deby's allies and a minor opposition leader providing the only challenge. (AP)

KABUL, AFGHANISTAN **4 Taliban Convicts Who Escaped Prison Recaptured**

Four Taliban prisoners who escaped from Afghanistan's most notorious prison earlier this year have been recaptured in Bulgaria and Uzbekistan, the Interpol chief in Afghanistan said Monday. Seven Taliban inmates in January disguised themselves as visitors to escape the Policharki Prison on the outskirts of the capital. (AP)

U.S. to Restore Relations With Libya

Gadhafi's rejection of terror, WMD behind renewal of diplomacy

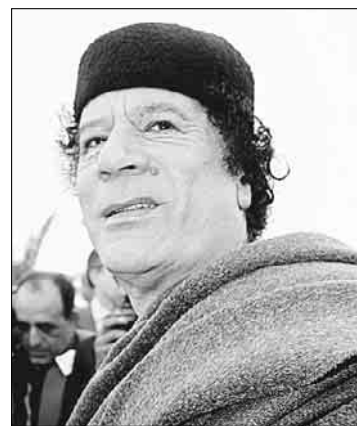
WASHINGTON | The U.S. will restore full diplomatic relations with Libya and remove it from a list of terrorism sponsors, the Bush administration said Monday, rewarding Moammar Gadhafi's government for renouncing weapons of mass destruction and cooperating in the hunt for terrorists.

"Today's announcements are tangible results that flow from the

historic decisions taken by Libya's leadership" to renounce terrorism and weapons of mass destruction, Secretary of State Condoleezza Rice said in announcing moves long sought by Libya.

By taking Libya off the terrorism sponsorship list, the Bush administration clears the way for broader economic ties with the oil-producing nation.

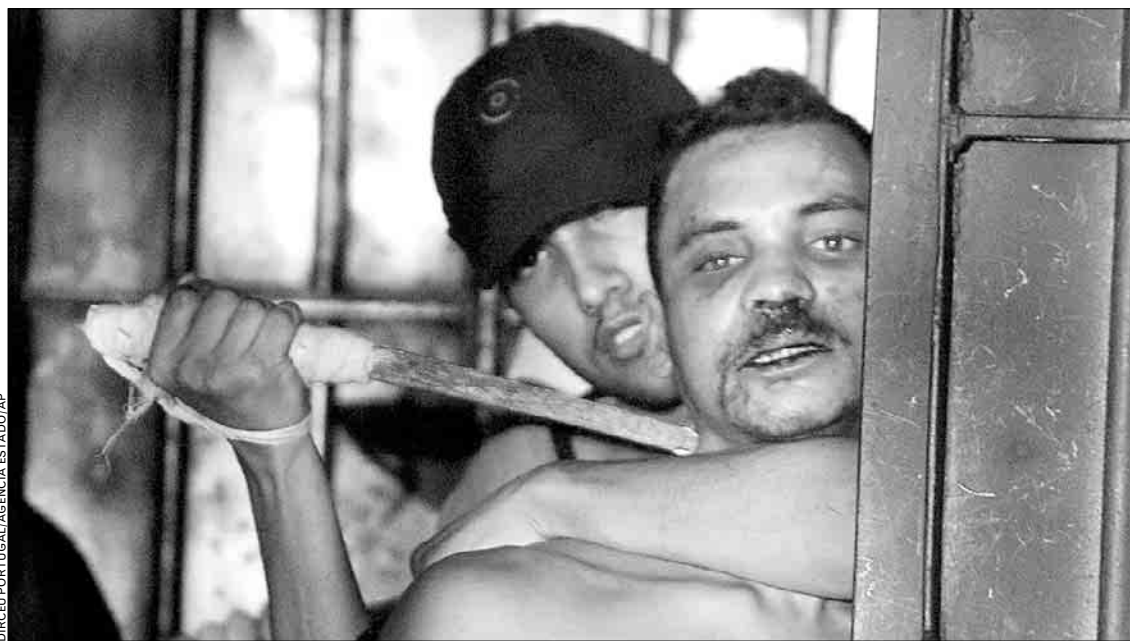
The U.S. withdrew its last ambassador to Libya in 1972. Remaining U.S. employees pulled out after a mob attacked and set fire to it in December 1979.



Libya's Moammar Gadhafi has been eager to improve his nation's economy.

The relationship hit its nadir following the 1988 bombing of Pan Am 103 over Lockerbie, Scotland. Libya was held responsible for the bombing, which killed 270 people, most of them American.

Gadhafi surprised the world in late 2003 when he swore off terrorism and announced plans to dismantle his country's weapons of mass destruction programs. Libya was eager to end the economic hardships from sanctions in the Pan Am case, and Gadhafi concluded the weapons programs were best used as a bargaining chip. (AP)



WAVE OF TERROR: Prisoners hold a guard hostage at the Campo Mourao prison in Parana, Brazil, on Monday. At least 39 police officers and prison guards have been killed in a surge of violence triggered by an attempt to isolate jailed gang leaders.

Burst of Violence in Brazil Kills 80

Sao Paulo gripped by fourth day of attacks from criminal gangs

SAO PAULO, BRAZIL | Masked men attacked bars, banks and police stations with machine guns. Gangs set buses on fire. And inmates at dozens of prisons took guards hostage in an unprecedented four-day wave of violence around South America's largest city that left more than 80 dead by Monday.

President Luiz Inacio Lula da Silva prepared to send in 4,000 fed-

eral troops, and officials worried the violence could spread 220 miles northeast to Rio de Janeiro, where police were put on high alert.

The violence was triggered by an attempt to isolate gang leaders, who control many of Sao Paulo's teeming, notoriously corrupt prisons, by transferring eight of them Thursday to a high-security facility hundreds of miles away from the city.

The leaders of the First Capital Command gang, or PCC, reportedly used cell phones to order the attacks on police targets. Then, on Sunday night, the gang employed a

new tactic: sending gunmen onto buses, ordering passengers and drivers off and torching the vehicles.

Thousands of drivers refused to work Monday, leaving an estimated 2.9 million people scrambling to find a way to their jobs.

Twenty-one new killings were reported Sunday night and Monday morning, the state government of Sao Paulo said, putting the death toll at 81 — 39 police officers and prison guards, 38 suspected gang members and four civilians caught in 181 attacks since Friday.

ALAN CLENDENNING (AP)

Backlash Begins on 'Da Vinci'

Top Catholic cardinal says story's success is sign of hatred in world

ROME | An influential cardinal said Monday that "The Da Vinci Code" was a challenge to the heart of the Catholic faith and that its commercial success was an indication of hatred in the world.

Cardinal Camillo Ruini, a close papal adviser and president of the Italian bishops' conference, issued a direct denunciation of "The Da Vinci Code" a few days before the film based on the best-selling novel is released around the world.

Ruini told the bishops' conference general assembly that "The Da Vinci Code" had as its primary goal commercial success. "It is difficult to escape the sensation that the great success of works like 'The Da Vinci Code' have more to do with that hatred, or that failure of love for oneself ... that is insinuated in our civilization," he said.

Nevertheless, he said, the film's release offered the church the opportunity to teach the truth about Jesus and the origins of Catholicism, and distinguish the truth from the "fantasy and falsifications" presented in the book. (AP)



Research Study Trying to Improve Depressive Symptoms Quickly

Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. The study also tries to see if it can sustain the results with another medication in certain patients. Understanding how this works may help us understand depression and design better antidepressants. NIMH is seeking people ages 18-65 with depression (unipolar or bipolar) who are:

- Free of other serious medical conditions
- Willing to participate in a minimum of a 12-day inpatient stay

**Research medications provided free of charge.
Compensation and transportation reimbursement is provided.**

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<http://patientinfo.nimh.nih.gov>
or for other studies: www.clinicaltrials.gov



Have You Ever Had A Panic Attack?

- Felt as if you were short of breath?
- Felt your heart starting to pound for no reason?
- Felt afraid you might die?
- Started to shake or sweat without warning?

If you were afraid of another attack occurring and these came out of the blue, you may have had in the past, or currently suffer, from an anxiety disorder called **Panic Disorder**. NIMH is seeking volunteers 18-55 years old, who are not taking any psychiatric medications, to participate in a brain imaging research study, and/or a physiological and genetic research study. The research is trying to better understand the biological systems of Panic Disorder.

Participation may include free:

- Brain imaging
- Thorough mental health assessment

**Compensation available for select studies.
Travel assistance is available.**



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<http://patientinfo.nimh.nih.gov>
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express

World

N. Ireland Parties Convene Anew

Effort to hammer out power-sharing deal faces Nov. 24 deadline

BELFAST, NORTHERN IRELAND | Northern Ireland's legislature, shut down for more than three years, sprang back to life Monday as a first step toward forming a Roman Catholic-Protestant administration, the elusive goal of the Good Friday peace accord eight years ago.

But assembly members took their seats inside the Stormont Parliamentary Building for barely an hour before adjourning for the day. The crucial vote to elect a cross-community coalition was scheduled for next Monday — and nobody expects it to succeed.

Power-sharing was supposed to form the centerpiece of a new, conciliatory Northern Ireland. But the last four-party administration collapsed in October 2002



Sinn Féin head Gerry Adams arrives for the assembly in Belfast on Monday.

over an Irish Republican Army spying scandal.

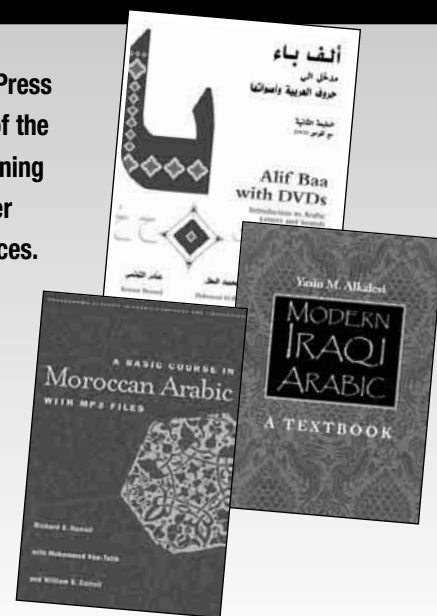
Since then, voters have dumped moderates and turned to the political extremes: the Rev. Ian Paisley's Democratic Unionists and Gerry Adams' Sinn Féin.

The British government emphasized Monday it will dissolve the assembly for good if both sides cannot come together by a Nov. 24 deadline. SHAWN POGATCHNIK (AP)

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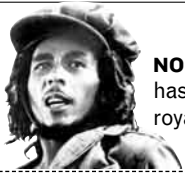


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NO CRY: The bass player for Bob Marley's group The Wailers has lost his lawsuit seeking a share of the late reggae legend's royalties. Aston Barrett was seeking up to \$115 million.

World

U.S. Copter Downed in Iraq

Two GIs die in crash tied to insurgent fire; raids kill 40 militants

BAGHDAD, IRAQ | Insurgents shot down a U.S. helicopter during a raid against al Qaeda militants south of Baghdad and killed two soldiers, bringing the weekend death toll of American service members to seven, the U.S. military said Monday.

The military also said American forces killed more than 40 militants, including an al Qaeda operative, in five raids south of Baghdad in an area commonly known as the "Triangle of Death" because of the number of insurgent attacks.

At least 20 Iraqis were killed

in roadside bombings and drive-by shootings Monday.

The helicopter was downed after a U.S. operation in Youssifiyah. The Mujahedeen Shura Council, a coalition of insurgent groups that includes al Qaeda in Iraq, claimed responsibility in a statement posted on the Internet.

The five U.S. raids south of Baghdad resulted in the killing of an al Qaeda militant blamed for an April 1 attack in the same area that downed a U.S. Apache helicopter and killed two soldiers.

Also Monday, insurgents fired more than 30 mortar rounds at a British military camp in southern Iraq, wounding four soldiers.

Monday's violence came as Iraqi lawmakers alternately withdrew

SADDAM ON TRIAL

→ **A defiant** Saddam Hussein refused to enter a plea Monday, insisting he was still Iraq's president as the judge formally charged him with crimes against humanity during a crackdown against Shiites in the 1980s.

→ **Chief judge** Raouf Abdel-Rahman listed the names of 17 people, who died from torture during interrogation or from harsh prison conditions. The judge entered a plea of not guilty for Saddam. (AP)

from new Cabinet negotiations or threatened to do so, and accused each other of greed, sectarianism and self-interest. (AP)

INDONESIA | VOLCANIC ERUPTION PUTS VILLAGERS IN DANGER



TRAIL OF ASHES: A woman walks through a village covered by volcanic ash t in Babedan village, about 1.8 miles away from Mount Merapi in Yogyakarta, Indonesia. The volcano erupted violently Monday, sending searing gas clouds and burning rocks down its scorched flanks and threatening some 200 villagers in the area who refused to leave due to ancient mystical beliefs. Scientists warn the unstable lava dome could collapse, sending out a deadly cloud of gas.

S. Africa's Zuma to Resume ANC Role

JOHANNESBURG, SOUTH AFRICA | Former Deputy President Jacob Zuma will resume his duties as the deputy president of the ruling African National Congress following his acquittal on rape charges,

the party said Monday.

Zuma was acquitted last week of raping a 31-year-old, HIV-positive AIDS activist and family friend. He had voluntarily suspended himself from his official duties when he was

charged last December pending the outcome of the trial.

The party's National Executive Committee, which met privately Sunday night, decided Zuma should resume his participation in the leading structures of the party without delay. (AP)



High Cholesterol?

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Worry Worry

- Are you worried or anxious most of the time?
- Do others tell you that you worry needlessly or worry too much?
- Are you so agitated that you can't enjoy your life?
- Are you so on edge that your health is affected?
- Do you suffer from shortness of breath, palpitations, difficulty sleeping, excessive sweating, or abdominal distress?

If so, you may have

Generalized Anxiety Disorder.

If you are between the ages of 18 and 65, you may qualify to participate in a research study in which you will receive investigational medication and study-related physical exams at no cost. This study is located near the Foggy Bottom Metro station and requires 9 visits over 12 weeks.

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Depressed Mood • Anxiety • Feelings of Being “Keyed Up” or “On Edge” • Irritability • Decreased Interest in Usual Activities
Changes in Appetite • Lack of Concentration
Feelings of Anger • Breast Tenderness • Bloating

If you are between the ages of 18 and 49, are in general good health, and have been feeling this way for the past year, you may qualify to participate in an investigational medication research study.

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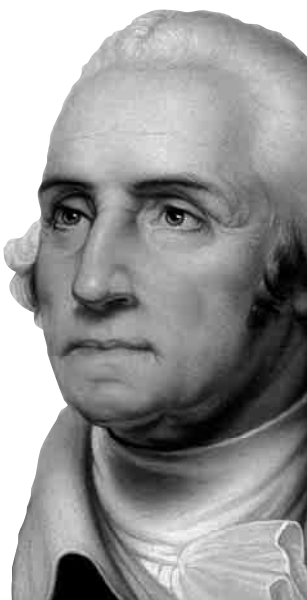
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Money



Enron founder Kenneth Lay and his wife, Linda, outside court in Houston Monday.

Prosecutor Blasts Enron Execs' 'Lies'

HOUSTON | Enron Corp. founder Kenneth Lay and former Chief Executive Jeffrey Skilling used “hocus-pocus” to cover up a massive fraud that brought down what was once the seventh-largest company in the U.S., a federal prosecutor said on Monday.

Lay and Skilling committed crimes “through accounting tricks, fiction, hocus-pocus, trickery, misleading statements, half-truths, omissions and outright lies,” prosecutor Kathryn Ruemmler told jurors in closing arguments.

Ruemmler, pacing before the jury box as the eight-woman, four-man panel listened intently,

said Lay and Skilling “lied over and over and over again” and “bent rules, pushed rules and then pushed over the line” in the years before Enron sought bankruptcy protection in December 2001.

Jurors will hear from the defense on Tuesday and begin deliberations Wednesday after getting a last word from prosecutors.

Earlier Monday, U.S. District Judge Sim Lake instructed jurors to weigh with “great care” the testimony of witnesses who pleaded guilty as part of a deal with prosecutors. Eight ex-Enron executives who cut plea deals testified against Lay and Skilling. KRISTEN HAYS (AP)

Yahoo Launches Redesign

Web giant overhauls home page for first time since fall 2004

SAN FRANCISCO | Yahoo Inc.'s Web site is unveiling a new look Tuesday as the Internet powerhouse strives to remain the world's most popular online destination and strengthen its advertising appeal.

The overhaul marks the first facelift to Yahoo's home page since September 2004.

The redesigned page includes more interactive features that reduce the need to click through to other pages to review the weather, check e-mail or listen to music.

Another addition, called “Yahoo Pulse,” offers recommendations and insights about cultural trends culled from the Web site's 402 million users worldwide.

Yahoo is making the upgrade as it battles with rivals MSN, AOL and Google Inc. while also trying to fend off the threat posed by networking sites such as MySpace.com. (AP)

Makeover: Yahoo's new home page will initially be available in the United States at www.yahoo.com/preview

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
AmRetire	32.18	+7.28	+29.2
Brookdale n	42.23	+5.23	+14.1
BauschL If	50.08	+5.64	+12.7
Fairchild	2.49	+22	+9.7
CACI	67.02	+5.40	+8.8

Losers

IvanhM g	7.22	-2.04	-22.0
SilvWhn gn	8.73	-1.27	-12.7
TmpRusEE	72.50	-9.50	-11.6
TitanMtl s	72.12	-8.88	-11.0
Glamis	35.27	-4.17	-10.6

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
EscalaGp	9.45	+4.80	+103.2
FstAvNet n	13.51	+3.85	+39.9
SSA GIBTo n	19.03	+3.44	+22.1
Simclar	5.70	+94	+19.7
Kreislr	12.32	+1.81	+17.2

Losers

A Consl h	4.05	-1.35	-25.0
Langer	3.88	-.87	-18.3
Caringtn	3.95	-.78	-16.5
Ionatron	9.43	-1.82	-16.2
MechTch	3.18	-.59	-15.6

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.00	7.75
Fed Funds close	5.0625	4.9375
3-month disc	4.74	4.74
2-year	4.98	4.96
10-year	5.16	5.12
30-year	5.27	5.19

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5321	.5282	.5403
Canadian Dollar	1.1129	1.1093	1.2637
European Euro	.7807	.7744	.7917
Japanese Yen	110.20	110.03	107.28
Mexican Peso	11.1290	11.0660	11.0270
Taiwanese Dollar	31.63	31.34	31.09

DOW	NASDAQ	S&P 500
+47.78	-5.26	+3.26
+0.42	-0.23	+0.25
11428.77	2238.52	1294.50

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	69.83	+1.72	-11.5
Amylin	42.29	+.93	+5.9
BiogenIdc	47.14	+1.18	+4.1
Celgene s	40.45	-.16	+24.8
ChRvLab	39.06	-.36	-7.8
GenProbe	54.67	-.26	+12.1
Genentech	79.88	+1.10	-13.6
Genzyme	55.96	+.36	-20.9
GileadSci	57.08	+1.54	+8.6
Imclone	42.29	+.60	+23.5
Invitrogn	67.01	+1.13	+.6
MedImun	30.74	+.05	-12.2
MillPhar	8.60	-.06	-11.3
PDL Bio	20.38	-.07	-28.3
VertxPh	33.21	-1.03	+20.0



DOUG RUNNER: Montgomery County State's Attorney Douglas Gansler is running for Maryland attorney general, he announced Monday in Rockville. Gansler said, if elected, he would concentrate on computer crimes and crimes against children.

Local

Commuter Tax Ban Stays

D.C. still must ask for permission to tax any non-resident workers

WASHINGTON | The Supreme Court on Monday rejected efforts by the District of Columbia to impose a commuter tax on people who work in the city but live elsewhere.

Federal law requires the city to get permission from Congress to tax an estimated 500,000 people

who come into D.C. each day from Maryland, Virginia, West Virginia and Pennsylvania.

The district was suing to overturn that law. But the justices declined to revisit an appeals court ruling in November upholding the ban, citing Congress' authority over the city.

The three-judge panel of the U.S. Court of Appeals for the D.C. Circuit included John G. Roberts, who has since become chief justice of the United States. Roberts did not

take part in Monday's decision.

It was the latest in a series of legal setbacks for the city, which has sought for years to gain an economic benefit from workers, students and others who use roads, bridges and city services, but pay no taxes.

"The district government couldn't possibly provide the services that are needed by residents, nonresidents, visitors and the federal government," said Walter Smith, a lawyer who helped argue the city's case. (AP)

Phone Calls by Sniper Recalled in Testimony

Authorities say clues from messages may link series of murders

ROCKVILLE, MD. | Four witnesses testified Monday that they received cryptic phone calls during the 2002 Washington area sniper shootings — calls that eventually helped lead to the arrest of John Allen Muhammad and his accomplice Lee Boyd Malvo.

Authorities believe Malvo and Muhammad made several calls to police, and even to a Virginia priest, as the pair tried to negotiate with investigators over their demands, which included \$10 million to stop the random murders. In each, the callers used a code detailed in notes left at several shooting scenes.

William Sullivan, who was a

priest at an Ashland church during the period of the shootings, said he received a call Oct. 18 in the church rectory. A caller used the "Call Me God" language that was found on a note near the shooting site of a middle school student, then began to refer to a shooting in Montgomery, Ala.

"He said the police should check this robbery of this liquor store," Sullivan told jurors in the trial of Muhammad for six of the sniper shootings in Maryland.

Authorities later linked a fingerprint found at the scene of a Sept. 21, 2002, shooting in Montgomery, Ala., that killed Claudine Parker and injured co-worker Kellie Adams to Malvo. With that information, police were able to identify Muhammad and Malvo as suspects in the Washington shootings. (AP)

The Washington Post | D.C. SCHOOLS TO CLOSE



BILL LOLEARY/TWP

LEARNING CURVE: Twins Austin, left, and Justin Bunn wait for their ride Monday with Angela Davis, right, outside Merritt Elementary School in Washington. Merritt is one of six schools in the District that School Superintendent Clifford Janey has recommended for closure. | **Inside Metro**

HEARSAY | SUBJECT

"I still care for her. I would like to see her get help."

— SCOTT ROHRBAUGH, AFTER FIANCEE KELLY E. RUCK OF HAGERSTOWN, MD., WAS GIVEN FIVE YEARS IN PRISON FOR LEAVING THEIR NEWBORN CHILD IN AN ALLEY LAST YEAR

The Lotteries

Monday, May 15

DISTRICT

Mid-day Lucky Numbers	4-8-1
Evening Lucky Numbers	9-0-1
Mid-day DC 4	2-6-1-6
Evening DC 4	2-0-8-3

Rolling Cash Five	30-35-34-21-31
Daily 6	36-15-14-27-34-17 (39)

MARYLAND

Mid-day Pick 3	1-8-7
Evening Pick 3	9-1-1
Mid-day Pick 4	0-6-7-4
Evening Pick 4	3-1-1-2
Match 5	12-28-30-32-33 (39)

VIRGINIA

Mid-day Pick 3	2-6-8
Mid-day Pick 4	0-3-4-6
Mid-day Cash 5	3-19-21-22-34

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

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NEXT STOP, FRENCH OPEN: Rafael Nadal and Roger Federer both withdrew from the Hamburg Masters yesterday, citing fatigue. Nadal will get a chance to break the record for consecutive clay court victories at the French Open, which begins May 28.

Sports

Nets to Put Future in Shaq's Hands

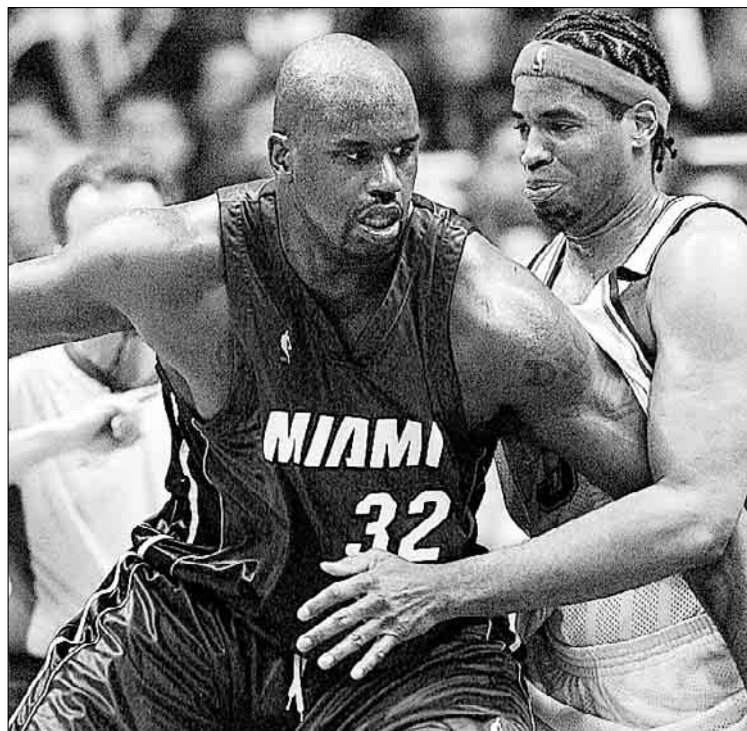
Down 3-1, New Jersey plans to stop Miami's other stars instead

NBA PLAYOFFS | Seeking a way to avoid getting bounced from the playoffs, here's one possible solution for the New Jersey Nets: more Shaq.

Strange as that one sounds, it came right from New Jersey's locker room. And given the way the Nets struggled to stop others on the Miami Heat on Sunday, maybe it's not such a bad idea after all.

Dwyane Wade had 31 points, eight assists and seven rebounds, and the Heat beat the Nets 102-92 to take a 3-1 lead in their Eastern Conference semifinal series.

Antoine Walker and Udonis Haslem each scored 20 points, getting plenty of good looks when New Jersey focused too much on helping against Shaquille O'Neal and leaving shooters open. Miami



The Nets Jason Collins, right, says the best strategy for New Jersey is to let Miami Heat center Shaquille O'Neal beat them while stopping the rest of the Heat players.

shot 53 percent from the field.

So the way forward Jason Collins sees it, the Nets would be better off forcing O'Neal to be more of a scorer while stopping everyone else.

"Stick with the game plan of making Shaq beat us," he said. "From Game 1 that's been the strategy. Sometimes we're able to do that and sometimes we're not."

O'Neal scored 16 points and took just 13 shots. And with the Heat one game from a second straight trip to the conference finals, he says he's not changing things now.

"I'm just playing a smart game," O'Neal said. "I'm getting it and trying to keep everybody involved. It's an easier game for me when everybody is involved. We just want to take care of business and finish it off."

They get their first chance to do that Tuesday night in Game 5 at home, where they lost Game 1 before winning three straight games. BRIAN MAHONEY (AP)

Swengali

NATIONALS | BY MATT SWENSON

Nats Must Get Rid of Soriano

THIS JUST IN: ALFONSO SORIANO is really good. Too bad he won't be around long enough for Washingtonians to fully appreciate him.

The Nationals have little choice but to trade the All-Star second baseman/left fielder.

Before, Soriano came across as a selfish player unwilling to change positions even though the Nats needed him to do so to field the best team possible.

Then Soriano, against his better judgment, made the jump to the outfield — giving the Nats a powerful bat while making room for incumbent star second basemen Jose Vidro to show signs of his former self early in the season.

Soriano represents the best player, by far, on Washington's roster.

Soriano is the first Nationals player not to fear spacious RFK.

His fielding has been adequate and, amazingly, he didn't forget how to hit. In fact, Soriano is the first Nationals player not to fear spacious RFK. He hits homers just as easily at home as he does in hitter-friendly parks like the Launching Pad in Atlanta, site of homer No. 12 this season.

But his real value to the Nationals, eager to rebuild a strong farm system, is that other teams covet players like Soriano. The Yankees are suddenly in need of a left fielder, and you know George Steinbrenner will overpay to get him in the midst of a pennant race. Others will join suit as well.

It will be sad to see Soriano go at the trading deadline, but letting him leave at year's end for nothing would be foolish.

To reach Matt Swenson, e-mail him at matt.swenson@readexpress.com.



Doug Flutie once hoisted the Heisman Trophy. Now, he's done with football.

Flutie Bids Adieu After 21 Seasons

NFL | Doug Flutie retired from American football Monday, ending a 21-year career in which the Heisman Trophy winner puzzled just about everyone with his unconventional style at quarterback.

The decision by the 43-year-old Flutie was announced by the New England Patriots, for whom he played five games last season.

Flutie spent 12 seasons in the NFL and also played in the USFL and the Canadian Football League. He finishes with 14,715 passing yards and 86 touchdowns in the NFL, spending most of his time as a backup. (AP)

Cavaliers Join Hughes in Mourning

Teammates to attend the funeral of guard's brother in St. Louis

NBA PLAYOFFS | In the midst of the NBA playoffs, the Cleveland Cavaliers will travel to St. Louis and attend the funeral of Justin Hughes, the 20-year-old brother of guard Larry Hughes.

The Cavaliers planned to leave following Game 4 on Monday night against the Detroit Pistons and fly to Missouri to be with Hughes, who has missed two playoff games to mourn with his family following Justin's death last week.

Justin Hughes was born with a heart defect and had a transplant in 1997.

Following the funeral on Tuesday, the Cavaliers will go to Detroit for Game 5 of their best-of-seven series scheduled for Wednesday night.

It was not known if Hughes, who last year helped the Wizards to the second round of the playoffs, will accompany the team to



Eight years ago Larry Hughes, left, celebrated being drafted with his younger brother, Justin. Tuesday, the Cavaliers will join him in St. Louis for Justin's funeral.

Michigan.

Cleveland coach Mike Brown said Justin's passing has touched everyone in the Cavaliers' organization.

"We just want Larry to have his space and his time and we want him to be able to do whatever is necessary to help his family get through this," Brown said. TOM WITHERS (AP)

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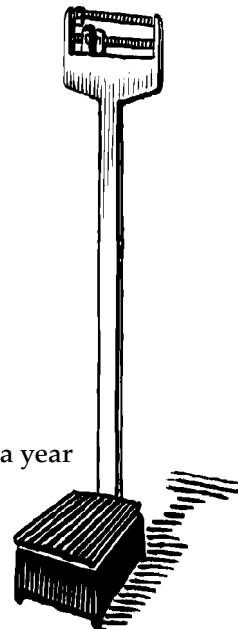
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DON'T TELL SIDNEY CROSBY: The U.S. Hockey Hall of Fame in Eveleth, Minn., a shrine for all levels of American hockey, has closed its doors. The museum, which attracts about 10,000 visitors a year, has struggled since opening in 1972. It may move to a new location, but no decision has been made, officials said.

Sports

National Pride On the Line

Sharks' Thornton calls booing the Canadian anthem 'disrespectful'

NHL PLAYOFFS | The Shark Tank fans booed the Canadian anthem before Game 5. About 2½ hours later, they were busy booing the home team while the underdog Edmonton Oilers moved to the brink of the Western Conference finals.

Nothing has shaken the Oilers. They eliminated the Detroit Red Wings and won three straight over the Sharks despite dropping the first two games of this series. But Edmonton's us-against-the-world energy undoubtedly got a boost shortly before the opening faceoff, when many fans loudly booed "O Canada," insulting the Oilers and the 10 Canadians wearing teal uniforms.

"We have a lot of Canadians on our team, so that was a little disrespectful," said Scott Thornton, who scored San Jose's first goal.

"I didn't think too much of that," Oilers coach Craig MacTavish said.



PAUL SAKUMA/AP

The Oilers celebrate after winning Game 5 of the western conference semifinals to take a 3-2 lead. Before the game, Sharks fans booed the Canadian national anthem.

"I'm sure our fans won't do that to the U.S. anthem."

Sharks officials thought their crowd was responding to a handful of Canadian fans that apparently could be heard booing the American anthem on the San Jose television feed before Game 4.

The Anaheim Mighty Ducks are

waiting for the winner — and plans for the first all-California conference final are in big jeopardy.

Edmonton lost the first two games of the series, but won a triple-overtime thriller and rallied from a two-goal deficit in Game 4 to tie the series at home before winning easily, 6-3, on Sunday. (AP)

Rookie Goaltender's Play Key for Carolina

Cam Ward leads the 'Canes into conference finals against Buffalo

NHL PLAYOFFS | Winning and advancing were the obvious goals for the Carolina Hurricanes. The manner in which they accomplished both was particularly satisfying.

The Hurricanes have won eight of their past nine games, all with rookie Cam Ward in the net. He clearly outplayed counterpart Martin Brodeur and has a goals-against average of 1.77 and .930 save percentage.

"When we did give up opportunities, Cam was there with great saves," said Carolina center Kevyn Adams. "It was awesome."

In the next round, the Hurricanes will face the Buffalo Sabres, another team that had surprising success in the new NHL. The Sabres ousted Ottawa — the top seed in the East — for the right to play Carolina.

And it will be a homecoming of



Hurricanes goalie Cam Ward has a 1.77 goals-against average in the playoffs.

sorts for Adams. His parents live in Clarence, N.Y., a suburb of Buffalo, so they figure to have a lot more time with their son.

"I'm sure my dad is celebrating right now," Adams said. "You grow up and you hope to get the chance to play in the NHL, and then when you do, to be going back there to play in the conference final, it should be a lot of fun." KEITH PARSONS (AP)

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Sports



STILL JUICED?: According to the L.A. Times, Jose Canseco has been spotted hitting homers for the Valley Mets — a club in the Los Angeles Senior Men's Baseball League.

Saban: Vick Is Worth Risk

Dolphins sign Va. Tech QB, but Miami coach says mistakes won't fly

NFL | The Miami Dolphins saw enough potential in Marcus Vick to believe he deserves a chance as a free agent.

Vick, the brother of Atlanta quarterback Michael Vick, signed with the Dolphins Monday, agreeing to a free-agent deal after his many problems at Virginia Tech cost him a chance to be selected in the NFL draft.

"As an organization, we did an enormous amount of research, including consulting with professionals in detailed, in-depth analysis to feel comfortable that giving Marcus an opportunity as a free agent is a risk worth taking," Dolphins coach Nick Saban said in a statement released by the team.

"I want to make it very clear that we will not condone any behavior



Former Virginia Tech quarterback Marcus Vick, right, signed with the Dolphins.

issues in the future relative to Marcus Vick."

Vick, who participated in a three-day minicamp with the Dolphins earlier this month, led Virginia Tech to an 11-2 record

and berth in the Atlantic Coast Conference title game in 2005. But his career with the Hokies included many transgressions, and he was eventually dismissed from the team.

TIM REYNOLDS (AP)

O's Move Cabrera to the 15-Day DL

ORIOLES | The Baltimore Orioles placed right-hander Daniel Cabrera on the 15-day disabled list Monday with shoulder inflammation and will use a four-man rotation into next week.

Cabrera (2-2, 5.23 ERA) left Sunday's game against Kansas City after taking the mound to start the fifth inning. He gave up two runs,



Because of a sore shoulder, the Orioles put Daniel Cabrera on the disabled list.

two hits and seven walks before complaining of shoulder stiffness.

While awaiting the results of an MRI, the Orioles decided to shelve him.

"We've got to calm the inflammation down and then start some strengthening exercises for him. It's probably going to be long enough that he's going to miss a couple of starts," Orioles manager Sam Perlozzo said. DAVID GINSBURG (AP)

MLB

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Boston	21	14	.600	—	11-6	10-8
N.Y. Yankees	21	14	.600	—	12-6	9-8
Toronto	21	16	.568	1	13-8	8-8
Baltimore	18	20	.474	4.5	13-10	5-10
Tampa Bay	15	23	.395	7.5	7-10	8-13

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Chicago	24	12	.667	—	14-5	10-7
Detroit	24	13	.639	0.5	8-6	15-7
Minnesota	17	20	.459	7.5	12-7	5-13
Cleveland	17	21	.447	8	8-9	9-12
Kansas City	10	25	.286	13.5	8-8	2-17

WEST	W	L	PCT.	GB	HOME	ROAD
Texas	19	17	.528	—	9-12	10-5
Oakland	18	19	.486	1.5	7-10	11-9
Seattle	17	22	.436	3.5	9-13	8-9
L.A. Angels	16	22	.421	4	7-10	9-12

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	23	14	.622	—	12-6	11-8
Philadelphia	22	15	.595	1	12-11	10-4
Atlanta	17	20	.459	6	8-6	9-14
Washington	13	25	.342	10.5	3-10	10-15
Florida	11	24	.314	11	3-14	8-10

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	24	14	.632	—	16-6	8-8
Cincinnati	23	15	.605	1	12-8	11-7
Houston	22	16	.579	2	16-5	6-11
Milwaukee	19	19	.500	5	13-7	6-12
Chicago	15	22	.405	8.5	8-9	7-13
Pittsburgh	11	27	.289	13	8-10	3-17

WEST	W	L	PCT.	GB	HOME	ROAD
San Diego	22	16	.579	—	10-12	12-4
Colorado	21	17	.553	1	9-8	12-9
Arizona	20	17	.541	1.5	10-7	10-10
L.A. Dodgers	19	19	.500	3	10-10	9-9
San Fran.	18	20	.474	4	11-10	7-10

Standings through May 14's games

TODAY'S TV LINEUP

ORIOLES (7:05 on Comcast) The Red Sox's Curt Schilling has already pitched against (and beat) the Orioles twice this year. He has a 2.57 ERA against them this season, but has struggled in his last four starts.

NBA PLAYOFFS (8 p.m. on TNT) The Miami Heat can advance with a win at home against the New Jersey Nets. The only people in their way will be Jason Kidd, Vince Carter, Richard Jefferson and nine other six-footers from New Jersey.

NBA PLAYOFFS (10:30 p.m. on TNT) The Clippers have already taken one game from the Suns in Phoenix. They'll try to steal another one and take a 3-2 series lead back to Los Angeles.



OH, THE DRAMA: It's all about the drama for NBC this fall. The net will be premiering "Studio 60," a behind-the-scenes look at an "SNL"-like sketch show; "The Black Donnellys," about Irish brothers in the mob; and "Heroes," about people who have special powers.

Entertainment



WHAT'S IN A NAME? California's Metallica is by far the most influential and popular heavy-metal band of the past 25 years.

Sobriety Rocks!

Metallica's singer on addiction, helping others and his band

BEYOND ALCOHOLICA | It's 9 a.m. and Metallica's James Hetfield is on his way to the studio to work on a

new album. Five years ago, "I would have been going to bed at 9 a.m., not going to work," Hetfield said. Things have changed. On Friday the MusiCares MAP Fund, an organization that helps musicians with addiction, will present Hetfield with an award for his "devotion to

helping other addicts," at a benefit concert in Hollywood.

What does this honor mean to you? I've been inviting everyone I know to this thing. I never thought of inviting family to other stuff [like the Grammys]. But this is something

I'm more proud of.

Is this award a way for you to talk to other musicians with problems? Sometimes I want to preach, but it doesn't make sense. People have their own paths. The biggest awareness is that you're not alone and that there is help. You can survive.

How long have you been sober? Coming up on five years. It seems like lifetimes ago that I put it down. Life seems longer the last five years than it did the first 37.

How has being sober affected your music? Good and bad. It's very different because there is a lot more awareness of what we are doing and sometimes over-thinking it. Now we are very present for it all.

How is the new album going? Great. The process is a lot easier. Lars and I would butt heads daily. Now it's helping each other: It's all moving toward the same goal.

Your music has evolved over time. There will always be people you can identify with and that will identify with you. That's evident in Metallica. Some grow with us, some grow different ways. Worrying about where fans are going to come from is a problem. Just do what feels right. People show up.

TAMARA CONNIFF (BILLBOARD)

Today's Top Stops

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Go-Go's singer Belinda Carlisle scored solo pop hits in the '80s.

The Go-Go's: No African Drumming, Sadly
The new-wave heroines will play "We Got the Beat" and "Vacation," if they know what's good for 'em.

9:30 Club, 815 V St. NW; 7 p.m., \$35; 703-218-6500. (U St.-Cardozo)

Jesse Malin: The Man's Man

2 Malin makes timeless, gorgeous pop-rock. Green Day's Billy Joe Armstrong, the Boss and Ryan Adams are fans.

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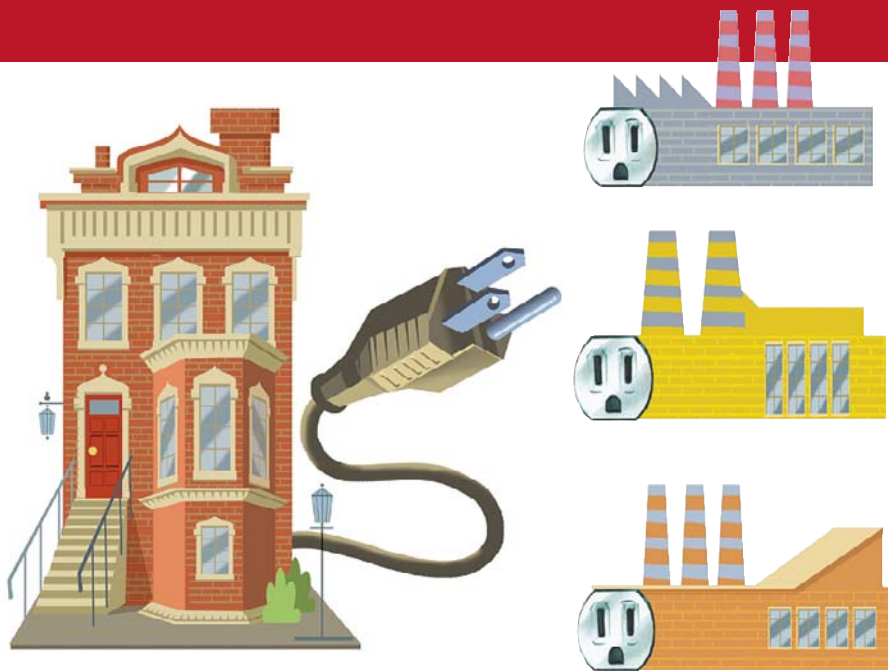
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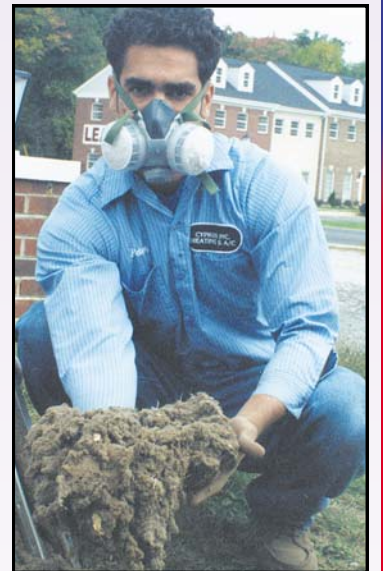
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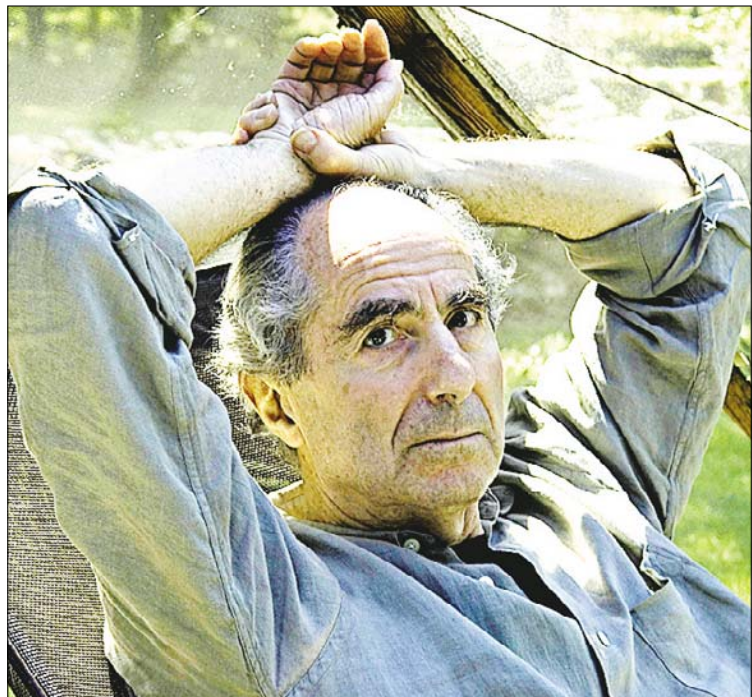


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Entertainment



A LIFE MORE ORDINARY: Roth's legendarily supple prose style takes a breather for the duration of his latest novel, the placid, often clichéd "Everyman."

'Everyman,' For Himself

In Philip Roth's new novel, a regular guy faces the inevitable

BOOKS | In "Everyman," Philip Roth writes about the doggedly ordinary, if sordid, life of his latest flawed hero, but death is the real story here. Everyone knows how it ends, and where: at the graveyard, where Roth's latest book begins.

Death and its trappings get the attention that life does not, from the six-pointed stars decorating the gate of the "rundown cemetery just off the Jersey Turnpike" to the thump of dirt hitting the coffin, "the sound absorbed into one's being like no other."

Everyman absorbs it at his father's funeral. He is 56 — mortality looms with no afterlife or other loophole. Too weak after heart surgery to shovel the soil, and beginning to realize the mess he's made, he can only listen as his father is buried.

What can man do to stave off this horror? Here is Roth's other preoccupation, during which Everyman comes most alive. Be it the secretary on all fours in his office, the buxom nurse or the young model, sex is reduced to cliché.

Even as Everyman delights in sexual pleasure, he dimly recognizes that he is destroying his life, the very thing he is so desperate to keep. This tragedy seems to contain what heart the novel has. But it is a small heart, just as life in "Everyman" is a small, hard thing, to be counted up, worried over and spoiled, but never, sex aside, something to give oneself up to with abandon.

This lack of vibrancy is a real problem for a novel attempting a lament over the decline and eventual loss of life. Roth is hardly the first writer to probe such a universal theme and he doesn't say anything that any number of great writers haven't said before. In fact, he says considerably less.

CLAUDIA LA ROCCO (AP)

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Entertainment



RUBOUT: Not only will Thom Yorke be touring with his band, Radiohead, but the Enigmatic One will release a solo album. "The Eraser" is slated to hit stores in July. For the record, Yorke insists that Radiohead is as intact as ever.

Nick Brings the Pain

The breakup was painful, sure, but Lachey has to let go

MUSIC | Are you reeling from a breakup? Going through a divorce? Unwilling to let go of a lover?

If so, then Nick Lachey's "What's Left of Me," (Jive) could prove cathartic; If not, it might leave you depressed.

Lachey's much-publicized split from Jessica Simpson has released an avalanche of media speculation, rife with rumors of infidelity and other marital woes. The disc — a somber, soulful, angsty collection of 12 ballads — is a slickly produced, raw-nerved confession of heartbreak




JESSICAAAAA! As you can see here, even Lachey's tonsils pine for his ex-wife.

and an open letter to Simpson.

In "Shades of Blue," one of the album's best tracks, Lachey pines for a lost love. But he takes an angrier tone in "I Do it For You," expressing his wish to see her bleed.

Nice work, Jess. This guy's a wreck.

His brooding songs, sung in a clear tenor, span different stages of grief, sometimes within the same track — there's resentment, regret and acceptance in "I Can't Hate You Anymore" — until he reaches "Resolution," pledging his commitment to let go. Finally.

Set to a pop soundtrack, his pain becomes palpable, raw, universal. But do we want it? 

ERIN CARLSON (AP)

MySpace to Hook Up With Fox

CROSS-MARKETING | When cautionary tales about MySpace are being thrown around, the possibility of being cornered by a mountain lion hardly ever comes up.

But now the popular teen meeting and music homepage site will begin selling episodes of the Fox serial thriller "24." MySpace and Fox assume that presumably hooked youngsters will pay \$1.99 for each episode, and appreciate a couple of free ones thrown in along the way. This is the first step in a campaign to grow the site into a business powerhouse with the size, scope and reach comparable to that of once-humble Yahoo.

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Adv. Tix on Sale THE BOONDOCK SAINTS (R) - ID REQ'D (400) 1005
POSEIDON (PG-13) DIG ★ (1230 115 240 315 410 515) 635 720

GOAL! THE DREAM BEGINS (PG) DIG (1200 1245 130 300 500) 630
OC: MISSION IMPOSSIBLE 3 (PG-13) DIG (1200 1245 130 300 500) 630
THE PROMISE (PG-13) DIG (1205) 1045
HOOT (PG) DIG (1225 250 510) 1045
MISSION IMPOSSIBLE 3 (PG-13) DIG (1200 1245 130 300 500) 630

UNITED 93 (R) - ID REQ'D DIG 700 730 800 930 740
RV (PG) DIG (1200 1245 130 300 500) 630
AKELAH AND THE BEE (PG) DIG (115 420) 715 950
SILENT HILL (R) - ID REQ'D DIG (1215 340) 710 950
SCARY MOVIE 4 (PG-13) DIG (1240 320 535) 755 1010
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GOAL THE DREAM BEGINS (PG) DIG		(130 430) 74 1030
JUST MY LUCK (PG-13) DIG		(200 445) 720 955
THE LAST OF THE MOHICANS (PG) DIG		(215 455)
MISSION IMPOSSIBLE 3 (PG-13) DIG		(120 110 140 210 350 420)
		450 520) 700 730 800 830 1010 1040
UNITED 93 (R) - ID REQ'D DIG		(120 1410) 710 1000
STICKIT (PG-13) DIG		(150 440) 715 950
AKELAH AND THE BEE (PG) DIG		(100 400) 650 940
SCARY MOVIE 4 (PG-13) DIG		945
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Adv. Tix on Sale The DA Vinci Code (PG-13) ★

POSEIDON (PG-13) DIG ★ (1245 120 155 335 410 445) 640 715
750 935 1010 1045

MISSION IMPOSSIBLE 3 (PG-13) DIG (1240 115 145 400 430 500)
645 710 745 815 1000 1030

HOOT (PG) DIG (1250 350)

AKELAH AND THE BEE (PG) DIG (100 420) 720 1020

RV (PG) DIG (125 425) 700 955

UNITED 93 (R) - ID REQ'D DIG (130 435) 735 1035

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Adv. Tix on Sale Over the Hedge (PG) ★
Adv. Tix on Sale The Da Vinci Code (PG-13) ★
GOAL: THE DREAM BEGINS (PG) DIG (120 410) 715 1010
JUST MY LUCK (PG-13) DIG (1255 340) 745 1015
POSEIDON (PG-13) DIG ★ (1245 110 330 350) 700 730 930 1005
HOOT (PG) DIG (135 415) (135 415)
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1000 1020
UNITED 93 (R) - ID REQ'D DIG (1250 355) 655 935
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OC: MISSION IMPOSSIBLE 3 (PG-13) DIG (350) 1010
JUST MY LUCK (PG-13) DIG (1140 220 500 740 1015)
GOAL! THE DREAM BEGINS (PG) DIG (130 340) 725 1025
POSEIDON (PG-13) DIG ★ (1150 200 230 440 510) 720 750 820
MISSION IMPOSSIBLE 3 (PG-13) DIG (1240 110 140 210 420 450)
KEELAH AND THE BEE (PG) DIG (150 435) 735 1035
UNITED 93 (1-R) ID REQ'D DIG (1145 225 505 755 1030)
RV (PG) DIG (130 400) 645 1015
STICK IT (PG-13) DIG (145 425) 710 1000
HOOT (PG) DIG (1250 310) 530
AN AMERICAN HAUNTING (PG-13) DIG (1215 235) 455 715 935
THE SENTINEL (PG-13) DIG (120 410) 650
SCARY MOVIE 4 (PG-13) DIG (155 415) 640 900

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Adv. Tix on Sale OVER THE HEDGE (PG) ★
Adv. Tix on Sale THE DA VINCI CODE (PG-13) ★
MISSION IMPOSSIBLE 3 - DIGITAL PROJECTION (PG-13) DIG
 (1120 220 500 840)
GOALS! THE DREAM BEGINS (PG) DIG (120 415) 720 1000
POSEIDON (PG-13) DIG ★ (1130 1230 130 230 330 430 530 630)
 730 830 930 1030
JUST MY LUCK (PG-13) DIG (200 450) 740 1010
ART SCHOOL CONFIDENTIAL (R) - ID REQ'D DIG (1140 240 510)
 750 1035
AN AMERICAN HAUNTING (PG-13) DIG (1150 250 520) 800 1015
MISSION IMPOSSIBLE 3 (PG-13) DIG (1220 1250 150 340 410 500)
 640 710 810 910 920 1020
HOOT (PG) DIG (1200 320) 630 850
UNITED 93 (R) - ID REQ'D DIG (140 420) 715 945
STICK IT (PG-13) DIG (145 445) 745 1025

RV (PG) DIG	(100 400) 655 920
AKEALAH AND THE BEE (PG) DIG	(1245 350) 650 940
THE SENTINEL (PG-13) DIG	700 955
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POSEIDON (PG-13) DIG ★ (1215 1255 240 510) 720 750 1000
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GOAL! THE DREAM BEGINS (PG) DIG (1225 425) 715 1005
JUST MY LUCK (PG-13) DIG (1205 235 505) 745 1025
HOOT (PG) DIG (1200 225) 450
MISSION IMPOSSIBLE 3 (PG-13) DIG (1220 1240 1130 350 430)
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UNITED 93 (R) - ID REQ'D DIG (1235 400) 705 945
RV (PG) DIG (1210 245 515) 755 1035
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 GOAL THE DREAM BEGINS (PG) DIG (135 420) 730
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 Adv. Tlx on Sale over the HEDGE (PG 2) ★
 Adv. Tlx on Sale THE DA VINCI CODE (PG 13) ★
 POSEIDON (PG-13) DIG (1200 1240 1230 400) 720 750 1020
 MISSION IMPOSSIBLE 3 (PG-13) DIG (1210 1240 1230 350 420)
 JUST MY LUCK (PG-13) DIG (115 145) 740 1020
 ART SCHOOL CONFIDENTIAL (R) - ID REQ'D DIG (1250 340) 700
 GOAL: THE DREAM BEGINS (PG) DIG (1245 400) 730 915
 AN AMERICAN HAUNTING (PG-13) DIG (1215 240 750) 715 940
 HOOT (PG 13) DIG (1200 230 450)
 THE MOUNTAIN (R) - ID REQ'D DIG (1245 740) 1030
 STICK IT (PG-13) DIG (120 145) 715 1030
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Adv. <i>Tix</i> on <i>Sale</i> X-MEN 3 (PG-13) ★		
Adv. <i>Tix</i> on <i>Sale</i> over THE HEDGE (PG) ★		
Adv. <i>Tix</i> on <i>Sale</i> THE DA VINCI CODE (PG-13) ★		
Adv. <i>Tix</i> on <i>Sale</i> THE BACKDOCK SAINTS (R) ★	13 (400) 445 750	
JUST MY LUCK (PG-13) DIG		13 (300) 400 7950
POSEIDON (PG-13) DIG ★	1230 (150 230 330 415 500) 700 150	815 930 1010
ART SCHOOL CONFIDENTIAL (R) 1-REQ'D DIG		100 (400) 745
AN AMERICAN HAUNTING (PG-13) DIG		1010
HOOT (PG) DIG		100 1020
MISSION IMPOSSIBLE 3 (PG-13) DIG	115 (200 415 515) 645 730 815	940 1020
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Adv. Tix on Sale THE HEDGEHOG (PG) ★
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POSEIDON (PG-13) DIG ★ (1200 1240 230 300 330 500) 640 720
 750 910 955 1010

GOAL! THE DREAM BEGINS (PG) DIG (1230 340 715 1010)
JUST MY LUCK (PG-13) DIG (1130 200 440 740 1015)
GOING TO THE SUN (PG) HAUNTING (PG-13) DIG (1145 215 430 805 1025)
HOOT (PG) DIG (1155 210 425)

MISSION IMPOSSIBLE 3 (PG-13) DIG (1210 100 140 320 405 450)
 630 700 735 800 940 1005 1030

UNITED 93 (R) - ID REQ'D (PG) (1255 345) 725 1000
STICK IT (PG-13) DIG (1225 515) 605 920
THE HOT Chick (PG) DIG (1220 310) 705 930

SILENT HILL (R) - ID REQ'D (PG) 845 945
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JUST MY LUCK (PG13) / 12:10, 2:45, 5:25, 7:55, 10:25
POSEIDON (PG13) / 12:00, 1:30, 2:00, 2:30, 3:55, 4:30, 5:00, 6:30, 7:15, 8:00, 9:00, 9:45, 10:30
AN AMERICAN HAUNTING (PG13) 12:45, 3:00, 5:20, 7:55, 10:20
HOOT (PG) 1:05, 3:20, 5:35, 8:20
MISSION: IMPOSSIBLE III (PG13) 12:15, 1:00, 1:45, 2:15, 3:15, 4:05, 4:45, 5:15, 6:15, 7:00, 7:45, 8:15, 9:15, 10:00, 10:45
RV (PG) 1:20, 4:10, 6:40, 9:05
STICK IT (PG13) 2:05, 4:35, 7:05, 9:50
UNITED 93 (R) 11:55, 2:40, 5:25, 8:05, 10:45
THE SENTINEL (PG13) 2:25, 5:00, 7:40, 10:20
SILENT HILL (R) 1:55, 4:40, 6:45, 7:30, 9:55, 10:40
SCARY MOVIE 4 (PG13) 12:00, 2:30, 5:05, 7:35, 10:15
THE WILD (G) 11:55, 2:10, 4:25
LUCKY NUMBER SLEVIN (R) 4:25
TAKE THE LEAD (PG13) 10:40 PM
ICE AGE: THE MELTDOWN (PG) 12:05, 2:15
INSIDE MAN (R) 1:15, 4:15, 7:10, 10:05
DAVID GILMOUR: THE VOICE AND GUITAR OF PINK FLOYD (NR-NOT RATED) 8:00

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GOAL! THE DREAM BEGINS (PG) / 2:10, 4:55, 7:50, 10:35
ART SCHOOL CONFIDENTIAL (R) / 12:20, 2:55, 5:40, 8:10, 10:40
AKEELAH AND THE BEE (PG) 1:40, 4:20, 7:20, 10:00

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JUST MY LUCK (PG13) 2:15, 5:00, 8:45
POSEIDON (PG13) 1:45, 4:45, 8:15
HOOT (PG) 4:50
MISSION: IMPOSSIBLE III (PG13) 2:00, 4:50, 8:30
RV (PG) 5:00, 8:00
RV (PG) / 5:00, 8:00
STICK IT (PG13) 5:20, 8:45
UNITED 93 (R) 5:10, 8:30
SILENT HILL (R) 7:30
SCARY MOVIE 4 (PG13) 8:15
ICE AGE: THE MELTDOWN (PG) 4:30

AMC SELECT

GOAL! THE DREAM BEGINS (PG) 1:30, 4:30, 8:00
AKEELAH AND THE BEE (PG) 4:40, 7:45

AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

JUST MY LUCK (PG13) / 2:30, 5:00, 7:30, 10:00
HOOT (PG) 2:50, 5:00, 7:25, 9:40
THE SENTINEL (PG13) 2:40, 5:10, 7:40, 10:10
LUCKY NUMBER SLEVIN (R) 9:50 PM
ICE AGE: THE MELTDOWN (PG) 2:20, 4:30
INSIDE MAN (R) 2:10, 5:10, 8:10
INSIDE MAN (R) / 2:10, 5:10, 8:10

AMC SELECT

GOAL! THE DREAM BEGINS (PG) / 2:00, 4:40, 7:20, 10:00
AKEELAH AND THE BEE (PG) 2:10, 4:45, 7:20, 9:55

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441 821

REEL MOMS
POSEIDON (PG13) 11:00 AM
PRESENTED IN DIGITAL PROJECTION
MISSION: IMPOSSIBLE III (PG13) 2:15, 5:15, 8:15

POSEIDON (PG13) / 12:45, 1:30, 2:30, 3:15, 4:00, 5:00, 5:45, 6:45, 7:45, 8:30, 9:20, 10:20, 10:45
CRAZY LIKE A FOX (PG13) 4:20, 9:40
MISSION: IMPOSSIBLE III (PG13) 12:45, 1:15, 3:30, 4:30, 6:30, 7:30, 9:30, 10:30
UNITED 93 (R) 2:25, 5:05, 7:50, 10:35
THE SENTINEL (PG13) 1:35, 7:00
SILENT HILL (R) 1:25, 6:50
INSIDE MAN (R) 1:10, 4:10, 7:10, 10:10

AMC SELECT

GOAL! THE DREAM BEGINS (PG) / 1:45, 4:35, 7:20, 10:15
ART SCHOOL CONFIDENTIAL (R) / 2:15, 4:40, 7:15, 9:50
AKEELAH AND THE BEE (PG) 4:15, 9:35
FRIENDS WITH MONEY (R) 1:05, 3:20, 5:40, 8:00, 10:25
THANK YOU FOR SMOKING (R) 12:50, 3:00, 5:25, 7:40, 10:05

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0882 714

POSEIDON (PG13) 1:30, 2:15, 4:00, 4:45, 6:30, 7:15
POSEIDON (PG13) / 1:30, 2:15, 4:00, 4:45, 6:30, 7:15
AN AMERICAN HAUNTING (PG13) 2:20, 4:40, 7:20
STICK IT (PG13) 1:50, 4:25, 7:05
UNITED 93 (R) 1:40, 4:20, 7:00
FAILURE TO LAUNCH (PG13) 2:00, 4:30, 7:10

LOEWS WHITE FLINT 5

North Bethesda
310-423-1014 741

JUST MY LUCK (PG13) 2:05, 4:30, 7:00
POSEIDON (PG13) 2:00, 4:30, 7:00
MISSION: IMPOSSIBLE III (PG13) 2:00, 4:35, 7:35
UNITED 93 (R) 2:15, 4:50, 7:25

AMC SELECT

AKEELAH AND THE BEE (PG) 2:10, 4:40, 7:30

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

JUST MY LUCK (PG13) / 2:10, 4:35, 7:10, 9:35
JUST MY LUCK (PG13) / 2:10, 4:35, 7:10, 9:35
POSEIDON (PG13) / 1:10, 2:00, 2:50, 3:50, 4:30, 5:20, 6:30, 7:15, 8:05, 9:00, 9:50
AN AMERICAN HAUNTING (PG13) 1:55, 4:15, 7:25, 9:30
HOOT (PG) 3:10, 7:30
MISSION: IMPOSSIBLE III (PG13) 1:00, 1:45, 3:15, 4:00, 4:45, 6:15, 7:00, 7:45, 9:15, 10:00
RV (PG) 2:15, 5:00, 7:20, 9:40
STICK IT (PG13) 1:50, 4:25, 7:05, 9:30
UNITED 93 (R) 1:40, 4:40, 7:20, 9:55
THE SENTINEL (PG13) 7:25, 10:00
SILENT HILL (R) 1:35, 4:20, 7:05, 9:55
SCARY MOVIE 4 (PG13) 5:30, 7:35, 9:40
THE WILD (G) 1:20, 3:25
THE BENCHWARMERS (PG13) 1:05, 5:25, 9:45
ICE AGE: THE MELTDOWN (PG) 1:15, 3:20, 5:25

AMC SELECT

GOAL! THE DREAM BEGINS (PG) / 1:25, 4:05, 7:10, 9:50
ART SCHOOL CONFIDENTIAL (R) / 2:05, 4:50, 7:15, 9:45
AKEELAH AND THE BEE (PG) 1:30, 4:10, 7:00, 9:35

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

JUST MY LUCK (PG13) / 5:20, 7:40
POSEIDON (PG13) / 4:35, 5:30, 7:30, 8:30
AN AMERICAN HAUNTING (PG13) 5:45, 8:30
MISSION: IMPOSSIBLE III (PG13) 4:45, 5:15, 7:45, 8:15
SILENT HILL (R) 5:10, 8:10
SCARY MOVIE 4 (PG13) 5:40, 7:50
THE WILD (G) 4:30, 7:10
PHAT GIRLZ (PG13) 7:20
ICE AGE: THE MELTDOWN (PG) 4:40

AMC SELECT

GOAL! THE DREAM BEGINS (PG) / 4:50, 7:35
AKEELAH AND THE BEE (PG) 5:00, 8:20

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

REEL MOMS
POSEIDON (PG13) 11:00 AM
POSEIDON (PG13) 12:30, 2:00, 3:00, 4:30, 5:30, 7:00, 8:00
AN AMERICAN HAUNTING (PG13) 1:45, 4:45, 7:30
MISSION: IMPOSSIBLE III (PG13) 12:45, 1:00, 4:05, 4:15, 7:10, 7:20
SILENT HILL (R) 5:05
INSIDE MAN (R) 1:15, 4:20, 7:15
FAILURE TO LAUNCH (PG13) 7:35

AMC SELECT

ART SCHOOL CONFIDENTIAL (R) 1:50, 5:15, 7:45

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220 844

JUST MY LUCK (PG13) 1:50, 5:20, 7:50, 10:20
POSEIDON (PG13) 2:00, 4:30, 7:15, 9:50
AN AMERICAN HAUNTING (PG13) 2:15, 4:40, 7:20, 9:40
MISSION: IMPOSSIBLE III (PG13) 1:25, 2:10, 4:05, 5:05, 7:00, 8:00, 9:55, 10:45
RV (PG) 2:25, 4:55, 7:25, 9:45
SILENT HILL (R) 1:40, 4:10, 7:10, 10:10
SCARY MOVIE 4 (PG13) 2:30, 5:00, 7:30, 9:30
SCARY MOVIE 4 (PG13) / 2:30, 5:00, 7:30, 9:30
THE WILD (G) 1:20, 3:20, 5:50
PHAT GIRLZ (PG13) 8:10, 10:30

AMC SELECT

GOAL! THE DREAM BEGINS (PG) 2:40, 5:10, 7:40, 10:40
AKEELAH AND THE BEE (PG) 2:05, 3:05, 4:35, 5:35, 7:05, 8:05, 9:35, 10:35

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

AMERICAN DREAMZ (PG13) 1:10, 7:40
SOMERSAULT (NR-NOT RATED) 1:40, 4:10, 7:10, 9:30

AMC SELECT

THE PROMISE (PG13) 2:00, 4:20, 7:30, 9:50
WAH-WAH (R) 1:20, 4:40, 7:00, 9:20
WATER (PG13) 1:00, 4:50, 7:20, 9:50
FRIENDS WITH MONEY (R) 1:30, 3:30, 7:20, 9:40
MARILYN HOTCHKISS' BALLROOM DANCING & CHARM SCHOOL (PG13) 3:40, 10:00
THANK YOU FOR SMOKING (R) 1:50, 4:30, 7:00, 9:00

LOEWS DUPONT 5

1350 19th St.
202-872-9555 711

SOMERSAULT (NR-NOT RATED) 2:30, 5:00, 7:40, 10:05

AMC SELECT

WAH-WAH (R) 2:00, 4:30, 7:10, 9:20
WATER (PG13) 1:45, 4:20, 4:50, 7:00, 7:30, 9:30
KINKY BOOTS (PG13) 2:20, 4:40, 10:00
RAPE OF THE SOUL (R) 2:10, 7:20, 9:50

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-966-5400 713

MISSION: IMPOSSIBLE III (PG13) 1:00, 4:00, 7:00, 10:00

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

JUST MY LUCK (PG13) / 12:10, 2:45, 5:15, 7:55, 10:25
POSEIDON (PG13) / 12:15, 1:15, 2:00, 2:50, 3:45, 4:30, 5:25, 6:25, 7:15, 8:00, 8:55, 9:45, 10:30
POSEIDON (PG13) / 1:15, 3:45, 6:25, 8:55
HOOT (PG) 12:50, 3:05, 5:30
MISSION: IMPOSSIBLE III (PG13) 12:05, 1:00, 1:45, 2:25, 3:10, 4:05, 4:50, 5:35, 6:10, 7:00, 7:45, 8:30, 9:15, 10:00, 10:40
RV (PG) 12:20, 2:35, 4:55, 7:40, 10:05
STICK IT (PG13) 12:00, 2:30, 5:00, 7:35, 10:10
UNITED 93 (R) 1:35, 4:25, 7:10, 9:55
THE SENTINEL (PG13) 12:25, 3:00, 5:25, 8:00, 10:25
SCARY MOVIE 4 (PG13) 10:40 PM
ICE AGE: THE MELTDOWN (PG) 12:35, 2:55, 5:10, 7:25, 9:40

AMC SELECT

GOAL! THE DREAM BEGINS (PG) / 1:40, 4:35, 7:30, 10:35
AKEELAH AND THE BEE (PG) 12:00, 2:40, 5:20, 8:05
THANK YOU FOR SMOKING (R) 7:50, 10:15

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

JUST MY LUCK (PG13) 12:00, 2:30, 4:30, 4:50, 7:30, 10:00
POSEIDON (PG13) 12:30, 2:00, 3:00, 4:30, 5:30, 7:15, 8:00, 9:50, 10:30
AN AMERICAN HAUNTING (PG13) 12:05, 2:25, 4:40, 7:10, 9:25
HOOT (PG) 12:40, 2:55, 5:10, 7:35, 10:10
MISSION: IMPOSSIBLE III (PG13) 1:15, 2:15, 4:15, 5:15, 8:15, 10:15
RV (PG) 12:25, 2:45, 5:15, 7:45, 10:20
RV (PG) / 12:25, 2:45, 5:15, 7:45, 10:20
STICK IT (PG13) 12:20, 2:50, 5:20, 7:50, 10:25
UNITED 93 (R) 1:20, 4:05, 7:00, 9:30
THE SENTINEL (PG13) 7:25, 9:55
SILENT HILL (R) 7:00, 9:45
SCARY MOVIE 4 (PG13) 1:00, 3:10, 5:25, 7:40, 10:05
THE BENCHWARMERS (PG13) 12:35, 2:40, 5:00
ICE AGE: THE MELTDOWN (PG) 12:10, 2:35, 4:55

AMC SELECT

AKEELAH AND THE BEE (PG) 1:35, 4:20, 7:05, 9:40

AMC UNION STATION 9

Located at Union Station
703-998-4AMC

JUST MY LUCK (PG13) / 2:00, 4:45, 7:30
POSEIDON (PG13) / 2:05, 4:20, 8:10
HOOT (PG) 2:45, 5:30
MISSION: IMPOSSIBLE III (PG13) 2:20, 5:05, 7:55
STICK IT (PG13) 2:30, 5:10, 7:40
UNITED 93 (R) 2:35, 5:30, 8:15
THE SENTINEL (PG13) 2:15, 7:50
SILENT HILL (R) 5:00
SCARY MOVIE 4 (PG13) 7:45

AMC SELECT

GOAL! THE DREAM BEGINS (PG) / 2:00, 4:30, 7:35
AKEELAH AND THE BEE (PG) 2:10, 5:15, 8:00

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

POSEIDON (PG13) 2:00, 3:00, 4:30, 5:30, 7:00, 8:00, 9:30, 10:30
AN AMERICAN HAUNTING (PG13) 3:15, 5:45, 8:10, 10:25
RV (PG) 2:15, 4:40, 7:05, 9:20
AMERICAN DREAMZ (PG13) 5:00, 10:00
THE SENTINEL (PG13) 2:45, 5:15, 7:45, 10:15
SILENT HILL (R) 2:10, 7:20
INSIDE MAN (R) 3:30, 7:10, 9:55

AMC SELECT

ART SCHOOL CONFIDENTIAL (R) 2:30, 4:50, 7:15, 9:40

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

JUST MY LUCK (PG13) / 4:50, 7:50, 10:10
MISSION: IMPOSSIBLE III (PG13) / 4:10, 4:40, 7:10, 7:40, 10:10
RV (PG) 5:00, 7:30, 9:40
RV (PG) / 5:00, 7:30, 9:40
UNITED 93 (R) 4:20, 7:00, 9:30
SILENT HILL (R) 4:30, 7:20, 10:00

LOEWS WHEATON PLAZA 11

Viers Mill Rd. Btwn. Georgia & University
901-949-9202 746

JUST MY LUCK (PG13) / 4:10, 7:10, 9:30
JUST MY LUCK (PG13) / 4:10, 7:10, 9:30
POSEIDON (PG13) / 4:30, 7:00, 9:30
AN AMERICAN HAUNTING (PG13) 4:40, 8:00, 10:05
HOOT (PG) 4:10, 7:15
MISSION: IMPOSSIBLE III (PG13) 4:00, 7:00, 10:00
RV (PG) 5:00, 7:20, 9:40
STICK IT (PG13) 4:25, 7:35, 9:50
UNITED 93 (R) 4:20, 7:25, 10:00
SILENT HILL (R) 7:30, 10:10
SCARY MOVIE 4 (PG13) 9:20 PM
ICE AGE: THE MELTDOWN (PG) 5:15

AMC SELECT

GOAL! THE DREAM BEGINS (PG) / 4:05, 7:05, 10:00
AKEELAH AND THE BEE (PG) 4:15, 7:20, 9:45

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Walter Reed Army Institute of Research

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TOLL FREE: (888) 926-9211

EMAIL: donorinfo@cambrex.com



AD BONE MARROW 11/05

Can Chocolate Help Your Health? Study Participants Needed

The National Center for Complementary and Alternative Medicine at the National Institute of Health seeks volunteers to participate in a 6-week research study evaluating the effect of dark chocolate on blood pressure and the blood's glucose and insulin levels.

Participants will help researchers learn more about chocolate's impact on hypertension and diabetes. Participants will be asked to take dark chocolate and a placebo (inactive treatment).

TO PARTICIPATE, VOLUNTEERS MUST BE:

- **Persons with hypertension (high blood pressure) who can be safely take off anti-hypertensive medications**
- **Aged 21 to 65**
- **Not taking other medications or nutritional supplements for any illness besides hypertension or high cholesterol**

Compensation and dark chocolate will be provided. For more information, call 301-496-3244.



NATIONAL CENTER FOR COMPLEMENTARY AND ALTERNATIVE MEDICINE



Bethesda, MD 20892 • nccam.nih.gov



Can't Stop Drinking?



ALCOHOL WITHDRAWAL CAUSING SHAKES & ANXIETY?

The National Institute on Alcohol Abuse and Alcoholism is studying the use of the medication Acamprosate for alcohol withdrawal. The study includes alcohol detox and a four-week inpatient alcohol treatment program at the NIH hospital in Bethesda, MD. For more information call:

(301) 496-1993

Deaf or hard of hearing? Call the Federal Relay Service at 1-800-877-8339



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JOBS



Shy Around People?

- ☐ Do you get anxious in front of others?
- ☐ Do you feel embarrassed if you have to give a speech or perform at a public function?
- ☐ Do you avoid meeting new people, going to parties or dating?
- ☐ Is it difficult for you to eat, drink or write while others may be watching you?

If your answer is Yes to any of these questions you may be suffering from a social phobia.

If you are 18-65 years of age and feel that these problems interfere with your ability to achieve your goals or to enjoy life fully...

please call for more information about our research study.

All study-related office visits and medical evaluations are at no cost to you.



Sleepless in DC, MD or VA?

If you are 18 or older, and have had TROUBLE STAYING ASLEEP for one month or more, you may be eligible for an insomnia research study at no cost to you.

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CAPITAL CLINICAL RESEARCH ASSOCIATES
301-770-7375

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Our RN & professional staff will provide care for your love ones needing a little assistance to those having Alzheimer's and Dementia. **From \$1750/Month**

Research Study For Kids \$\$\$

Do you have a child between the ages of 10-12? If yes, you and your child can participate in a University of Maryland study on adolescent risk taking. You and your child will attend a 1 hour session at the College Park campus where you'll both fill out a few questionnaires and complete a non-violent computer game.

Your child will receive prizes valued up to \$25 and you will receive \$25 in cash (opportunity to earn more).

**Call us at
301-405-8899.**
**The study is sponsored by the
National Institute on Drug Abuse**

Depressed Again?

If you have been depressed before and are now

Depressed Again...

You may be eligible to participate in a research study. You must be between the ages of 18 and 65 and suffer from recurrent depression. Participants will receive investigational study-related medical care and lab work.



To learn more about this study, please call
CAPITAL CLINICAL RESEARCH ASSOCIATES
301-770-7375

RESEARCH OPPORTUNITIES FOR COCAINE USERS

If you currently use cocaine and are interested in participating in an inpatient drug research study sponsored by the National Institutes of Health, and are:

Between 18-45 Years of Age

Call 1-866-750-2165 for more information

And to schedule a confidential screening interview to see if you qualify.

Studies will be conducted in the Clinical Pharmacology Unit of a federal medical research facility in Bethesda, Maryland

Healthy Adult Volunteers Needed

The National Institute of Mental Health is conducting a psychopharmacology study of mild stress and memory. Participants will be interviewed and will complete a series of tasks during which physiological functioning will be recorded. Volunteers must be between the ages of 18-50.

**Financial compensation will be provided
for participation.**

Call: **1-800-411-1222**
(TTY: 1-866-411-1010)



Drink Alcohol?

✓ *Drink daily or almost daily?*

✓ *Are between the ages of 21 and 45?*

You may be eligible to participate in a research study using Rimonabant at the National Institute on Alcohol Abuse and Alcoholism, one of the National Institutes of Health. If you qualify, you'll be compensated for your participation, which will include one overnight stay in the Clinical Center on the NIH campus in Bethesda, Maryland. For more information, call 301-496-7500. All calls are confidential.



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Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

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THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MARYLAND
Martha White, MD, Michael Kaliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

ANXIOUS?

Do you feel embarrassed in social situations?
Do you avoid being the center of attention?
DuPont Clinical Research in Rockville, Md
is seeking people who have

Social Anxiety Disorder (Social Phobia)

to participate in a clinical trial of an investigational medicine. Compensation for time and travel up to \$500.

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301-231-9011
dupontclinicalresearch.com

Healthy Adult VOLUNTEERS NEEDED



HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy US citizen between the ages of 18-49, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

301-251-8351

Ask for Keisha or KaTrina

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We will be hosting an Open House at our Tysons Corner location. This event will focus on accounting and finance positions throughout Northern VA. Whether you are looking for temp, temp to perm, or perm employment, we have many positions available.

Tuesday May 16, 2006
10:00 am - 6:00 pm

Below are a few of our open positions:

- AP Specialist in Reston (JD Edwards)
- Payroll Specialist (ADP Tax) in McLean
- Accounting Manager with Government Contracts experience
- Sales and Use Tax Accountant (will consider entry level)
- Senior Accountant in Herndon (Strong GL reconciliation project)
- Senior Financial Analyst in Dulles
- AND MUCH MORE



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Advise clients, such as inventors, investors, and manufacturers, concerning patentability of inventions, infringement of patents, validity of patents, & similar items. Perform patent prosecution & litigation. Consult on interferences, & produce opinion work for clients. Draft new patent applications in the electrical and mechanical arts; practice before the U.S. Patent & Trademark Office. Req: J.D. degree & admittance to a U.S. state bar. Send cover letter, resume and certified transcript to Sughrue Mion via fax to 202.293.7860 attn: Alicia Dray, or email Adray@sughrue.com.

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X1439 1x.5

JOBS

ARCHITECTURE

Energetic, 6-person DC firm seeks Graduate Architect with 2-5 yrs. exper. You should have strong AutoCAD skills, design talent & an interest in places for human interaction. Send resume to: Rippeteau Architects, PD, 1530 14th st NW Washington DC 20005. EMAIL: kate@riparchs.com; or FAX: 202-387-7129.

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Auto

EXPERIENCED AUTO TECHNICIAN

Needed in Accokeek, MD. Salary + comm. Please 301-292-5300 or cell 301-343-0990.

AUTO SALES

DARCARS

Due to increased customer demand, DARCARS currently has sales positions available throughout MD & VA. **Experience not necessary - we will train in our state of the art training facility!** We are seeking motivated, customer friendly individuals who are eager to begin a lucrative career with one of the regions fastest growing auto groups! We offer:

- Health Insurance & 401K
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Apply in person, at DARCARS of Silver Spring, 12214 Cherry Hill Road, (at the corner of Rt. 29 and Cherry Hill Road). Contact Shannon Ryan at 301-622-0020 or sryan@darcars.com

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TIRE PLUS
TOTAL CAR CARE

Tired of promises made and not kept?

Talk to us now. We are currently seeking experienced:

- Service Managers
- Retail Sales
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Only the best need apply, must have valid drivers license. For confidential interview call: 1-800-269-4424 ext. 3054; or Email resume to: jbonnie@tiresplus.com.

Bakery

Baker & Pastries Helper—Exp needed Mon-Sat. 1-6pm. Call 703-642-0249.

BARBER—Exper'd & licensed. Part-time. Call Mon-Fri 9am-7pm 301-279-7390

BEAUTY — Hairstylist position available. Booth rental. Salon advertises. 301-779-0885

BEAUTY—Nail Tech, Stylist, Experienced, Salary & Commission. Near Metro. 202-783-6565

Beauty
NAIL TECH—FT & PT. Experienced. Upscale salon. Long term commitment. Call Vu cell 301-514-6695 or 301-624-5484.

Beauty
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Childcare Needed—Exp. non-smoker, long-term position free room plus salary to start immed. Fed Govt pay and paid training. Call Sheila 703-401-5679 or 703-978-3976

Cleaning—Co. needs cleaners. Must have maid service business or hotel exper. M-F 301-350-7000

JOBS

Cleaner

DUCT/FURNACE CLEANERS

For industry leading company. Must be honest & reliable, apply at: 4751 Lydell Rd. Cheverly MD 20781.

CONSTRUCTION - Bricklayers/Tuckpointers wanted. \$20/hr. Piecework. Call 202-368-1319 or 703-926-4088.

CONSTRUCTION

Crane Operator

Conventional & hydraulic. Min 5 yrs exp., top pay. **Skyline, 703-369-0468.**

CONSTRUCTION

Opening for exper'd. Loader Operator. Must be able to dig basements. Exper'd. dozer operator. Must be able to fine grade and understand site plans. Full-time steady work. Pay based on exper. CALL **410-991-3865**

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Experienced in soils & concrete testing on major construction projects. Certification a plus. CALL 301-733-0073 extension 151.

CUSTOMER SERVICE REPRESENTATIVE
TakeOut Taxi of Montgomery County, the area's largest restaurant delivery service, is hiring Customer Service Representatives. PT, all evening shifts. Call 301-571-0111 or apply in person: 10516 Summit Ave, Ste. 100, Kensington, MD.

CUSTOMER SERVICE—FT/PT, for busy natural health care center. Mon-Sat, some positions until 7pm. Great benefits, great teamwork, hourly pay. Must apply in person: 4609-D Pinecrest Office Park Dr., Alexandria, VA 22312. 703-354-7336. Several positions available - act now!

Customer Service/Sales
Are you tired of being broke? Earn immediate income, no experience required. Local training. Call 301-396-3597.

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. **240-286-3660 or 301-568-8500**

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Scheduling and Insurance experience preferred. Fax resumes to 301-805-2157.

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When was the last time you enjoyed your work? Progressive, Stable, Growth, Arlington company in search of positive, sharp teammate, able to work independently. Excellent salary & benefits. Fax 703-525-1637 Michael or email: employment@fedlock.com

DISPATCHERS—Experienced dispatchers wanted for busy towing company. Please call 703-435-8888.

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CDL Class A & B Drivers are needed in Northern VA. We have FT positions available. Great benefits. Call: **1-800-401-1002.**

DRIVER

Consulting firm seeks **Driver** to make deliveries in D.C. and handle printing/production of exhibit boards. Print production exp. a plus. Van provided. Apply in person @ One Thomas Circle, NW, Suite 701, Wash, D.C 20005.

Driver—Dump Truck w/exper & B license. Call 301-937-8990. EOE

DRIVER — DUMPTRUCK w/CDL.

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Driver—earn \$600-800/week FT, \$9-14/hr PT. Deliver meals for Take Out Taxi. All shifts available. Must have own vehicle. Call 301-571-0111.

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Driver/Lowboy—W/exper & class A license. Call 301-937-8990. EOE.

DRIVER

TRUCK DRIVERS WANTED

Swimming pool Co. located in Fairfax, VA and Silver Spring, MD is hiring for the 2006 Summer season. We have FT and PT seasonal positions available starting now. These positions are daytime Mon-Sat. Must have a Class B CDL w/tanker, HAZMAT, and Airbreak endorsements, to deliver swimming pool chemicals and supplies out of either location. We have several positions available. Call Robert **1-800-992-6286**

DRIVERS — Boom Truck Driver. CDL req'd. Experience a plus. 301-735-4207

Drivers: DHL DELIVERY DRIVERS

needed in Chantilly, VA. Must pass background checks. Up to \$550/week + paid vacation. 866-297-9815 ext 28.

DRIVERS — We need experienced Drivers & Dispatchers. Please call 703-536-0370.

JOBS

DRIVERS

Tow Truck Drivers wanted. **EXPERIENCED ONLY**, knowledge of NO.VA & surrounding areas. Call 703-435-8888.

ELECTRICIANS/HELPERS

Brothers Electric is a small but growing Montgomery Contractor seeks Electricians and Helpers to grow with us. Experience and transportation is a must. Residential Commercial work. To apply online go to www.horanelectric.com and click on careers or fax resumes to 301-365-3714

Electronics Engineer (Temporary)

Please note position will last 6-8 months dependant upon relocation of New York bureau.

Will install IDC, RJ, DB crimp & solder connector. Must be skilled in wiring of radio broadcast studios, & able to accurately interpret wiring drawings. Proficiency in AutoCAD LT desirable; SBE cert. beneficial. Must be willing & able to travel as some out of town assignments req'd. Send resume to employment@npr.org or fax to 202-513-3047. EOE.

Equipment Manager

Army Navy Country Club

Looking for a highly motivated and organized individual with experience diagnosing, repairing and maintaining golf course maintenance equipment. Must be skilled in the use of a wide variety of equipment repair tools and welding. Must have knowledge of care and operation of internal combustion and diesel engines and rotary and reel equipment. Experience with reel grinding a plus. Formal training not required with sufficient prior experience. Salary commensurate with experience

Call/Fax/E-Mail resume to

Contact: Carmen A. Giannini, Jr.
Golf Course Superintendent
Army Navy Country Club
(703) 246-9834
(703) 2456-9837 FAX
cgiannini@cox.net

ESL INSTRUCTOR/PT. Sil Spr MD. Call George 301-608-2300

FOOD SERVICE

Immed openings for exp'd Waitstaff & Bartenders w/Tuxedo, skilled Cooks & Dishwashers. Flexible hrs. Paid weekly. Call: 301-495-9400.

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Must have transp. available. Will train right person. Salary based on exper. Excellent benefits. EOE. Call 410-798-4180

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Small renovations business is looking for someone for paint, plaster, & cabinet installation. Call 703-587-4071

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We are now hiring for the following positions:

- AM Line Cook
- PM Line Cook
- Guest Service Agent
- Night Auditor
- Accts. Payable Mgr.
- AM FT Host/Hostess
- PT PM Host/Hostess
- PT/FT PM Server
- Banquet Houseperson

Please call HR office at 202-783-7800 ext 6745. Apply in person Mon., Wed. & Fri. 10am-2pm at 815 14th St., NW; or fax resume to: 202-521-1652; or email resume to: Resha_howard@hilton.com.

HOUSEKEEPERS

Various shifts. Floor refinishing, wall washing, and carpet cleaning. Salary \$8.44 - \$12/hr, based on exp. Competitive benefit package. EOE. Apply in person: ARAMARK at Virginia Hospital Center, 1701 North George Mason Drive, Arlington, VA 22205, 703-558-5592.

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JOBS

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TMS Heating & A/C is expanding in your area. **Experienced Service Technicians.** Seeking long term employees for new and existing residential work in MD/VA. Must be dependable. Sales commission and company truck. Benefits include after 90 days 6 paid holidays, cafeteria health plan, daycare plan and 401K. After 1 year 1 week paid vacation and 1 birthday holiday. After 5 years 2 weeks paid vacation.

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42 immed openings for Laborers/Warehouse/Truck Helpers on day and night shifts. Positions located in DC Metro area. 20 additional demolition workers needed in Laurel. Trans a must. Apply in person Mon - Wed., 10am sharp, at Crosby Corporation, 835 Bonifant St., Silver Spring, MD.

LEGAL SECRETARY-TRADEMARK

N. End Old Town Alex IP Law firm seeks TM Secretary w/ Excel computer, communication, grammar, & typing skills to assist w/ US Trademark prosecution. Some US and Foreign patent prosecution & US patent litigation. Min 1 yr exper. WP, MS Word, PCLaw, & PCMaster a plus. Benef incl Medical, 401K, free Garage parking. Send resume to: hr@baconthomas.com or fax 703-683-1080.

LEGISLATIVE ANALYST sought for DC marijuana policy lobby. Meticulousness, exceptional writing skills req'd. \$35K. mpp.org/jobs

LOAN OFFICERS—Mortgage co. is seeking Loan Officers to work from home or office, great pay and will train. Call 301-793-7660

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Loan Officer/Telemarketers

MortgageStar, Inc is now hiring seasoned and inexperienced sales/mortgage professionals for their Silver Spring, MD location. For consideration please fax resume Attn/ D. Saxon at 301-576-1081 (DemondSaxon101@hotmail.com) or to schedule an interview contact Mr. Saxon at 301-576-1080 ext. 106

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FedLock seeks ENTRY LEVEL (will train) & EXPER'D TECHS. Installation/service, access control, hardware, no auto, no on-call. Great oppy for personal/professional growth, exc salary/benes. Fax 703-525-1637 Attn Michael

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Apply in person:

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Tuesday, May 16 3-7pm

1727 Whitehead Rd, Woodlawn, MD

OR

Weds, May 17 3-7pm

233 Deerwood Circle, Rockville, MD

Great Benefits. Good People & computer skills req'd. For more info call: 800-631-5544 x7030

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Degree + 2 yrs. exp. req'd. Sal + benefits. Fax resume 301-336-6899. Email pejob@verizon.net

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Team is looking to expand in DC, VA, MD markets. We are looking for hard working positive & money motivated indivs. who love to work w/ people. Must be able to start immed. F/T Mon-Fri. Looking for a place to improve yourself? Looking to make \$600-\$1200/wk. CALL today, start tomorrow. 703-212-7525.

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Mortgage

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Security assessments, documentation, and security upgrades for live networks, desktop systems, servers, and enterprise data bases leading to successful certification and accreditation (C&A). Cisco Certs a solid plus. Experience: (1) using FISMA and NIST standards, (2) Develop policy & procedure for FISMA and FISCAM compliance. Hdwr/Stfwr: (1) CISCO PIX, IDS, Works, Switch and Router technology; (2) design, install, config, support IDS Probe, Cisco Sensors; IDS Master Console, Probe Attack Signature, Snort IDS config and install; (3) Vulnerability & Patch Scans - Foundstone, AppDetective and HfNetChk; (4) SIM database for ArcSight, eSecurity, NetForensics.

US Cit Only send Resume to fduron@rcn.com

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Exp'd, preferably Bilingual (Eng/Span), Nurse Practitioner/ PA for Family Medicine practice in Alexandria, VA. FT/PT w/ benefits. Fax resume to: HR, 703-370-7214, or Email: lmdancil@verizon.net

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No experience necessary. Comprehensive on-the-job training program. Career level advancement. Base wage, incentive bonus. Benefits include major medical, vision, dental, 401k & Profit sharing. Starting salary 40 - 45K with potential to mid 50K. **Must possess clean driving record & pass background check.** Forward resume to:

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Fax 703-645-8875

Email robert.brown@

jcehrlich.com

J.C. Ehrlich 2820 Dorr Ave #206 Fairfax, VA 22031

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PLUMBER

Gas pipe experience, steady work.
Sue, 443-570-7839.

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P/T Concierge Mon.-Fri. evenings, good computer & customer service skills a must. In Reston, VA. \$12/hr. FAX resume to: 703-435-7913 or Email ffsak@att.net

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The responsibilities will be to develop and manage public/media relations efforts for multiple restaurants in the Wash. DC/VA/MD market, including: writing news releases and developing media materials, proactively seeking media coverage for restaurants, maintaining media contacts and relationships, developing relationships with local community, business and non-profit organizations.

Existing media contacts in the market are a strong plus. Candidates should possess strong communication and organizational skills, excellent follow-through and be a team player.

Send resume and salary requirements to:
PO Box 27925, Washington, DC 20038-7925

Real Estate

CRESCENT HEIGHTS — the nation's leader in condominium developments, seeks highly motivated Sales Professionals in NoVA location. Applicant must be an experienced realtor licensed in Virginia; Needs experience with on-site sales; High volume; Team environment; Competitive commission structure; Email resume: chjobapps@hotmail.com or fax: 571-262-8030

Restaurant

Experienced GM & EXEC CHEF

An upscale staff restaurant & catering provider needs an experienced & charismatic GM & EXEC CHEF. Great pay & benefits. Fax resumes to 703-706-0443, or email to joy@seasonsculinary.net

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Restaurant

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10am-6pm**

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Hiring for Production Operators, Project Coordinators, Assistant Managers, and Bindery specialists. 2nd and 3rd shifts available. If unable to attend please email kurt.lewis@FedExKinkos.com. Some positions also available for our other NOVA retail locations.

Benefits include major medical, 401(k), & tuition reimbursement.

www.fedexkinkos.com

Receptionist: Construction Co in Rockville, full time, M-F 8-5. Start immediately, Email resume to: pai_receptionist@earthlink.net

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fax resume to 202-399-7257
Attn: Vladimir

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SALES

comcast

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Base Salary
Plus Commission

All positions offer excellent benefits such as Medical, Dental, Vision, tuition reimbursement and free cable. If you want to be on a winning team, join us for interviews on **Wednesday, May 17, 2006 FROM 9:00 AM - 4:00 PM** at 508-D South Van Dorn St., Alexandria, VA 22304.

Candidates must apply on-line at www.comcast.com prior to attending the career fair. Must be able to pass a pre-employment drug test and background check.

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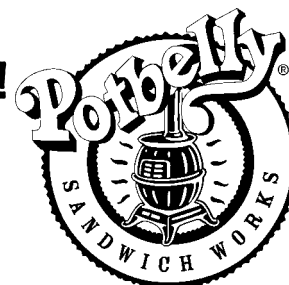
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From: 9-11am and 3-5pm

Looking forward to seeing you there!

If you can not attend email dc-jobs@potbelly.com



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JOBS

Sales

CRESCENT HEIGHTS — the nation's leader in condominium developments, seeks highly motivated Sales Professionals in NoVA location. Applicant must be an experienced realtor licensed in Virginia; Needs experience with on-site sales; High volume; Team environment; Competitive commission structure; Email resume: chjobapps@hotmail.com or fax: 571-262-8030

SECURITY — Wanted for Gentleman's Club (PG County). Mature & with own transportation. 240-286-3660

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\$1000 Sign-on Bonus

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VIENNA, VA **EHO**

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GERMANTOWN—TH to shr. 1 rm for \$397+1/4 utils. Avail now. Close to shpgs, bus & I-270. 301-742-8983.

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Beautifully updated top floor 1BR corner unit w/lots of light & pretty views! New appls, pergo kit fir, decorative wall cabinets, great location-walk to shops, theatre, 2 metros! Rosslyn S on Ft. Myer, cross over Rt. 50, immed R on srvt rd, 2nd L to top of the hill, sharp R on N Ode to 1311, #634.

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2 BR/2.5 BA/1250 S.F. CONDO

- Private fenced rear patio
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 Solid Red brick rambler on azalea laden corner lot, well kept by longtime owner-ready for your updates! 3 Bedrooms 2 Full Baths, Hardwoods under carpet, Woodburning Fireplace, Wood paneled basement. 4206 35th St N. **Town & Suburban Properties**
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Travel

Spaceport building boom could usher in new age of tourism

The promise of blasting thrill-seeking tourists into space is fueling an unprecedented rush to build snazzy commercial spaceports.

The Federal Aviation Administration is reviewing proposals from New Mexico, Oklahoma and Texas to be gateways for private space travel. Depending on how environmental reviews and other requirements go, approval could come as early as this year and the sites could be ferrying space tourists soon after.

The current spaceport boom recalls the mid-1990s, when the first spaceport fad generated hype but no real construction. Finally, technology may have caught up with starry-eyed plans.

Aerospace designer Burt Rutan, who is building a commercial spaceship fleet for British space tourism operator Virgin Galactic, recently expressed his amazement at the flurry of proposals.

"It's almost humorous to watch the worldwide battle of the spaceports," Rutan mused earlier this month at the International Space Development Conference.

For decades, spaceports have been used mostly by NASA and the Pentagon to rocket astronauts and satellites into orbit.

Traditional launch ranges are often spartan mixes of lonely launch pad towers, concrete runways and aircraft hangars. Many are located in remote coastal areas — Florida's Cape Canaveral being the best known — so that debris won't hit populated areas.

The current spaceport boom promises futuristic complexes that evoke the Jetsons. But cashing in requires a gamble.

"It's almost humorous to watch the worldwide battle of the spaceports."

BURT RUTAN
AEROSPACE DESIGNER

None of the private rockets under development has been test-flown. And even once the FAA licenses any vehicles, the infant industry initially will not boast multiple daily flights — at \$100,000 to \$250,000 a head, the market is decidedly limited.

For states that invest early, however, the long-term economic benefits could be substantial.

A recent study commissioned by New Mexico predicted that its proposed hub could net \$750 million in revenue and up to 5,800 new jobs by 2020. States with spaceports anchored by a reliable spaceliner and designed like a galactic Disneyland also could be a magnet for high-skill, high-wage labor and sprout cottage industries.

The rush to build commercial space hubs is spurred by entrepreneurs who want to send rich passengers into suborbital space — a region about 60 miles above Earth. Several will build their rockets this summer with tentative plans to fly as early as next year pending regulatory approval.

New Mexico, which inked a deal with Virgin Galactic last year to construct a \$225 million spaceport on 27 square miles of desert, is expected to select a winning architectural design from six entries on June 2.

While details of the spaceport designs are secret until a winner is chosen, tentative plans call for a complex built mostly underground.

The facility, which would be funded by a mix of federal, state and local money, could open in late 2009. Virgin would have a 20-year

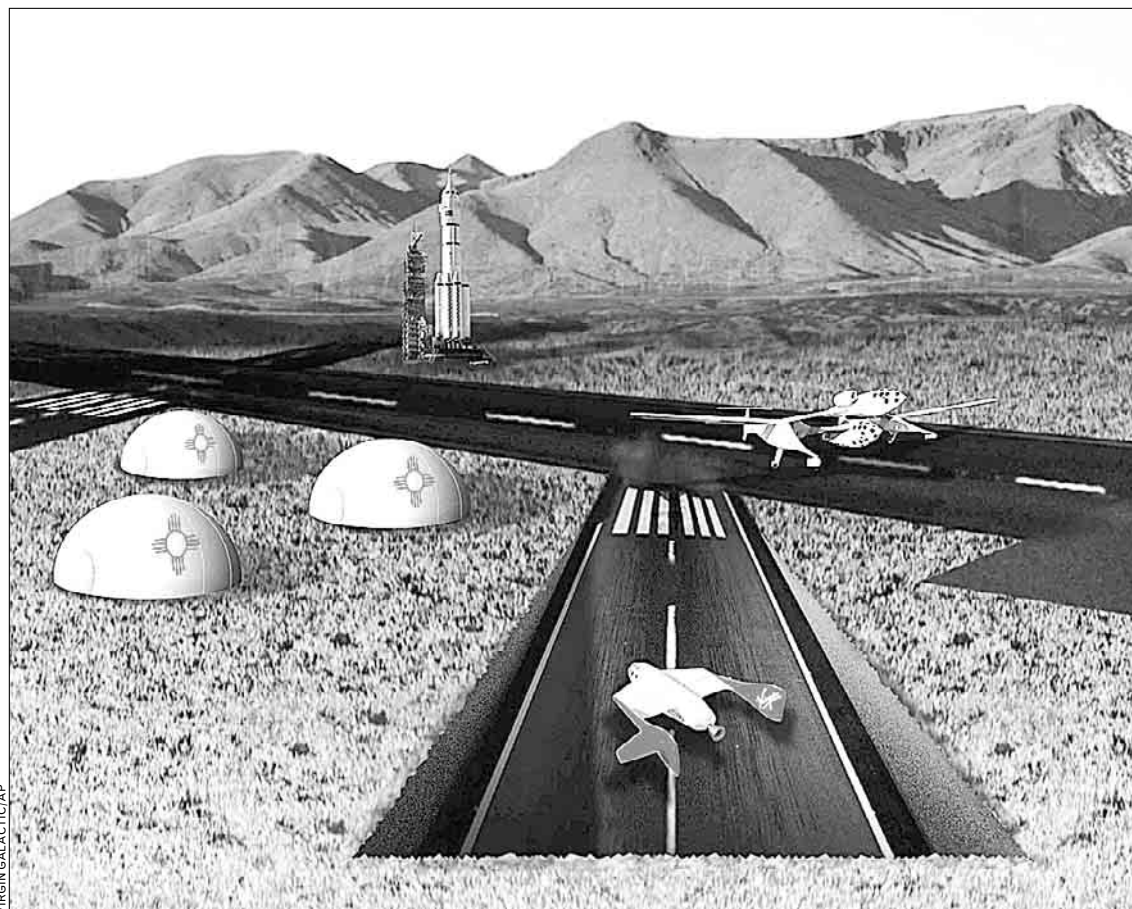
INSIDE

Eva Longoria, the first lady of Maxim | **38**



Blog Log: Fans honor 'The West Wing' | **36**

Styles: Allure's editor is a tough cookie | **35**



GLIMPSE OF THE FUTURE: This artist rendering provided by Virgin Galactic depicts its proposed spaceport in New Mexico.

The Race to Space

lease on the facility.

Until then, Virgin Galactic, founded by British mogul Richard Branson, plans to fly the first passengers from California's Mojave Airport, where the Rutan-designed SpaceShipOne became the first privately manned rocketship to reach space in 2004.

Another space tourism operator, Rocketplane Kistler, wants to launch from the Oklahoma Spaceport. Still pending FAA approval, that spaceport sits on the site of the former Clinton-Sherman Airpark in Burns Flats

and boasts one of the world's longest runways.

The Oklahoma Spaceport has passed all its requirements and is expected to win an FAA license over the next several weeks, said Bill Khourie, executive director of the Oklahoma Space Industry Development Authority.

Mission control is being upgraded and there are plans for VIP lounges and other amenities.

"We ultimately plan on building more sexy facilities," said Charles Lauer, vice president of business development at Rocketplane Kistler.

The FAA also is considering two proposed spaceports in Texas, including a private spaceport on 165,000 acres of desolate ranch land about 120 miles east of El Paso bought by Amazon.com founder Jeff Bezos.

To gain a spaceport license, a facility must pass an environmental review and prove its location won't harm surrounding communities or the public, said Patricia Grace Smith, associate administrator of the FAA Office of Commercial Space Transportation. Spaceports and launch vehicles are licensed separately.

To avoid another bust, commercial space hubs must find creative ways to supplement tourists' weightless experience by adding attractions such as theme parks, hotels and restaurants, said Derek Webber, director of Spaceport Associates, a Maryland-based consulting firm.

"You've got to do your homework," he said, "because not all states will succeed." ALICIA CHANG (AP)

A Summer's Toy Story

Merchandising

Retailers look to cash in on blockbusters not named 'Star Wars'

Let the force be with retailers this summer.

After enjoying a sales bonanza last year from everything "Star Wars," the nation's merchants, particularly toy sellers, are hoping that this summer's blockbuster films will have at least the same power to move an avalanche of merchandise, from inflatable Superman suits to pirate swords with sound effects.

Among the coming summer films that have released the most merchandise are Disney-Pixar's "Cars," Walt Disney's "Pirates of the Caribbean: Dead Man's Chest," and Warner Bros.' "Superman Returns." Sony Pictures' "The Da Vinci Code" also has some games and apparel, though the bulk of related merchandise sales is coming from all the book spinoffs, including reli-



Disney hopes movie fans will want to sink cash into a second "Pirates" movie.

gious and art books.

"Last year, it was all about 'Star Wars,'" said Ernie Speranza, chief marketing officer at KB Toys Inc. This summer, he's betting that three movies — "Cars," "Superman" and the "Pirates" movie — "will be better than one."

"Cars" is supported by such items as tracksets, racing car beds, and animated talking cars; "Pirates" is backed by items including action figures, swords with sound effects



"Superman" will fly onto the silver screen again June 30. The toys come sooner.

and T-shirts with skull motifs; with "Superman Returns," shoppers will find radio-controlled 16-inch superheros that soar up to 300 feet, inflatable Superman suits, as well as trendy fashion

items like jewel-encrusted shirts and handbags.

Officials from KB Toys and Toys "R" Us Inc. report strong early sales of the movie-related goods, which started to appear in stores in early

April. And the momentum should pick up when the films make their theatrical debut over the next few weeks. What should help is that the movies are expected to attract diverse audiences.

But the business of movie-related merchandise is tricky. Success at the box office doesn't guarantee success at stores, says Sean McGowan, an analyst at Harris Nesson. McGowan recalled how retailers have been burned by merchandise associated with such films as "Godzilla," "Independence Day" and "Men in Black." That has caused retailers to become more cautious, betting on fewer movies. And consumers are becoming harder to sell, shrugging off basic apparel for trendier items, for example.

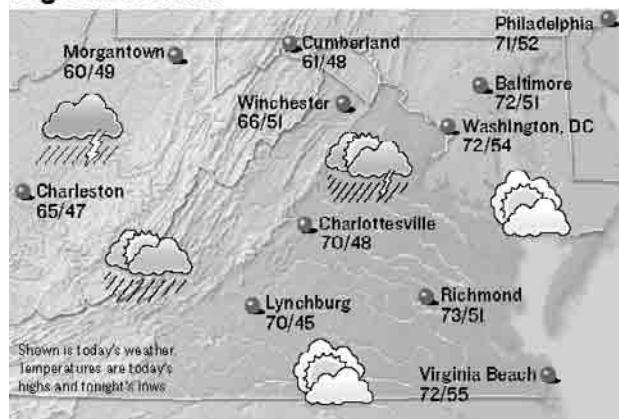
McGowan says retailers will face a big challenge in beating last year's "Star Wars" merchandising power.

Lucasfilms Ltd.'s "Star Wars: Episode III: Revenge of the Sith," the last in the franchise's latest trilogy, generated \$3 billion in merchandise sales worldwide at stores, according to John Singh, a company spokesman. That figure surpassed the \$2 billion in worldwide retail sales generated from "Episode I: The Phantom Menace," released in 1999, and \$1.2 billion in sales tied to "Episode II: Attack of the Clones," in 2002. ANNE D'INNOCENZIO (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
A p.m. shower or thunderstorm	Partly cloudy	Partly sunny, a p.m. thunderstorm	Partly sunny, a p.m. thunderstorm	Variably cloudy, showers possible	Partly sunny
72°	54°	74° / 56°	72° / 56°	72° / 52°	74° / 52°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	69°
Low	56°
Normal high	75°
Normal low	56°
Average humidity	66%

Precipitation

24 hours ending 4 p.m.	0.48"
Month to date	1.77"
Normal month to date	1.80"
Year to date	10.63"
Last year to date	14.98"
Normal year to date	14.01"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

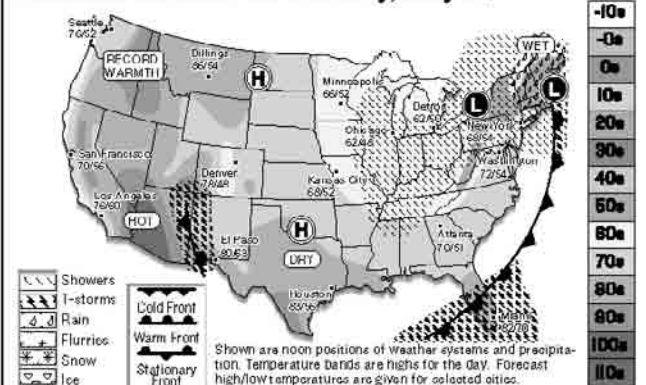
D.C. Metro: Today, partly sunny, an afternoon shower or thunderstorm. High 72. Wind west-southwest 8-14 mph. Tonight, partly cloudy. Low 54.

Sun and Moon

Sunrise today	5:55 a.m.
Sunset tonight	8:14 p.m.
Moonrise today	none
Moonset today	8:12 a.m.



National Weather for Tuesday, May 16



National Cities

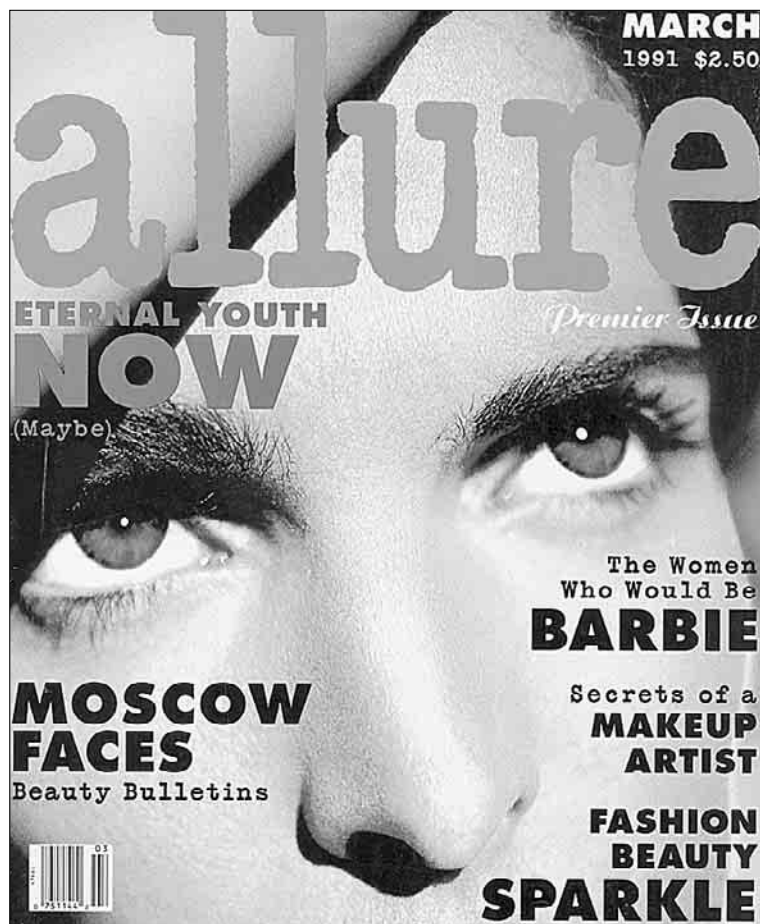
City	Today	Wed.
Atlanta	70/51/pc	71/52/pc
Boston	58/52/r	70/52/pc
Chicago	62/48/c	72/48/r
Dallas	80/57/s	84/61/s
Denver	78/48/s	80/50/s
Honolulu	83/66/s	82/70/pc
Los Angeles	76/60/pc	78/62/pc
Miami	82/70/t	85/66/pc
New York City	68/54/t	72/56/pc
Orlando	81/62/t	86/60/pc
Seattle	76/52/pc	77/52/s

World Cities

City	Today	Wed.
Amsterdam	67/55/c	64/57/c
Athens	75/60/pc	72/64/pc
Berlin	69/48/sh	65/43/pc
Buenos Aires	72/52/pc	63/46/s
Calgary	84/60/s	84/57/pc
Dublin	59/50/sh	61/52/r
Geneva	75/52/r	79/58/c
Moscow	52/34/pc	46/37/r
Rome	74/58/pc	76/59/pc
Sydney	70/54/pc	68/55/s
Tokyo	68/59/r	70/61/pc

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thunderstorms, r=rain, sf=snow flurries, sr=snow, h=ice

Styles | LOOK^{*}out



THE EYES HAVE IT: The first issue of Allure magazine, left, focused on animal testing and breast implants. Editor in chief Linda Wells has been at the helm since 1991.



For Allure editor, beauty is her business

Linda Wells takes beauty seriously. It's the key to Allure magazine, which Wells has led as editor in chief since the magazine launched 15 years ago.

Until then, beauty was barely covered in glossy magazines and when it was, it was to guide women to the best lipstick shade to complement that season's top fashion color. But Wells (and publisher Conde Nast) thought there was an appetite for more, considering most women want to know about looking their best and most women know that looking their best takes more than a new lipstick shade.

The first issue explored animal testing and silicone breast implants — in addition to the latest color cosmetics trends.

"We gave beauty the kind of seriousness and analysis it had never had before," said Wells.

She was soon asked to appear on "The Oprah Winfrey Show"

Beauty and the Beat

Designing People

to debate Naomi Wolf, author of "The Beauty Myth." Wells said she took a position that feminism didn't have to be a repudiation of beauty. There's room in the world for smart women who also like to look good, she said.

Allure has its own stable of cosmetic chemists who conduct independent tests to substantiate — or put into doubt — some of the public relations claims that sound both exciting and absurd.

Wells said she's happy to see the industry moving away from some

invasive procedures to lotions and creams, which, generally, have comparatively little risk. She's a booster of antioxidants, vitamins and supplements.

The popularity of beauty products with sun protection factor is applauded by Wells, who happens to have porcelainlike skin. She doesn't care if it's vanity that's fueling the SPF trend instead of people's health concerns — the important thing is they're wearing sunblock.

"We get to people through their vanity. No one is worried about sun

damage — there are too many positive associations with tan skin — so the industry figured out a way to make better fake tans." Wells said.

"We realize people want to look good. They want long thick hair, a thin body and tan skin. We [at Allure] don't debate the morality of it all, but we find a way within the cultural values to help people better themselves."

She acknowledges even with access to every new product under the sun, her own look changes very slowly. "My range is A to B. I don't change my look much but I can appreciate someone who does. If something is really ugly, we don't write about it, or if we identify a trend we won't say you should wear it."

But she is on a bit of a personal crusade to get women to put on fragrance and a little lipstick before they leave the house. "Beauty is in some ways a courtesy. People have to see you and smell you. 'Casual Friday' isn't 'Don't-take-a-shower Friday,' and getting dressed for someone's dinner party is a way of showing respect," she said.

SAMANTHA CRITCHELL (AP)

Beauty

Pocket Full of Pleasure

It's one of the great ironies of the world that women will buy more makeup so that they have less to carry around. But with most multi-use com-



pacts, you get one or two great colors that you use up immediately, leaving you with a blush and some ugly eye-shadow that you can't quite bring yourself to throw away. The **TERRA MEDITERRANEAN PALETTE NO. 3**, a limited edition from Giorgio Armani Cosmetics (\$80, exclusively at Saks Fifth Avenue Chevy Chase), solves the problem with high-quality, versatile colors. The four eyeshadows range from smoky purple to shimmery pink, and can be used individually or blended together for a more complex look; the sheer bronzer makes cheeks glow and is idiot-proof, even if you've never used bronzer before. The neutral colors make the palette handy for either the makeup neophyte or a travel-friendly addition for the experienced cosmetics consumer. KRISTEN PAGE-KIRBY (EXPRESS)

Beauty



Come Into the Light

Diet Coke is our nectar, our life-giving sweet sustenance. Unfortunately, it also stains our teeth. Thanks to **WHITELIGHT TOOTH WHITENING SYSTEM** (\$20, asseenontv.com), our teeth have gone from vaguely sand-colored to blazingly ecru. The system is easy enough: Spread gel on the teeth tray, then bite on the tray and stick the light in your mouth, holding it in place with your lips. Teeth looked noticeably whiter after just one 30-minute session, with only fatigued lips as a side effect. K.P.K.



from readexpress.com

Commuters vs. Tourists

COMMUTER DISPATCH | To **BLUE LINE** riders, the **ARLINGTON CEMETERY** station can be annoying, a seemingly unnecessary stop that lengthens the ride between the **PENTAGON** and **ROSSLYN** stations. That is until tourist season. **BJHELWIG**, one of Express' Commuter Dispatch contributors, says the interaction between those who stop there and those who pass through isn't always pretty.

"Last month, I saw an escalating panic as tourists couldn't exit the train at Arlington Cemetery because of commuters clogging the door. The polite 'Excuse me' escalated into a panicked 'Let us through!' very quickly. They got out, but more tourists got on, relogging the door. The reverse happened at

PENTAGON CITY, where commuters demanded 'Clear a space!' to get themselves off." Now, if only you could skip from **L'ENFANT PLAZA** to **FEDERAL TRIANGLE**. (You can send in your own Commuter Dispatch submissions to **COMMENTS@READEXPRESS.COM**.) **MICHAEL GRASS (EXPRESS)**



Buchanan

NAME GAME | The name **MADISON** remains inexplicably popular with parents. The Social Security Administration said last week it's among the top 5 names for girls for the sixth year in a row — and three variations,



TURF WAR: In the thick of tourist season, can locals and out-of-towners get along?

Maddison, Madisyn and Madyson, were also in the top 500.

According to the Chicago Tribune's blog, **CHANGE OF SUBJECT**, the name was popular for boys in the late 1880s. It popped up as a top name for girls 100 years later. The Trib's culprit: Daryl Hannah, who played mermaid Madison in 1984's "Splash."

Our pick for a presidential-

themed name? **BUCHANAN**. President James Buchanan didn't peep up to stop the Civil War, so maybe a baby Buchanan will sleep quietly through the night. **M.G.**

→ Coming up today

Local kickball teams work hard and play hard — and they drink hard, too. Also, the pockmarked Dupont Circle underpass is finally getting renovated.

? Poll Center

TODAY'S QUESTION

Which performer should get booted off 'American Idol' next?

1. Taylor Hicks
2. Katharine McPhee
3. Elliott Yamin
4. Ryan Seacrest

YESTERDAY'S RESULTS

Should the National Guard patrol the Mexican border?

NO **YES**

59%

41%

As of 6:10 p.m. Monday. Not a scientific poll. WEIGH IN ON TODAY'S POLL QUESTION AT **READEXPRESS.COM/POLLCENTER.PHP**



"What goes up must come down. A rift developing between Republican senators and leaders of the House. It was sort of inevitable."

PACETUA.BLOGSPOT.COM ON GROWING DISSENSION ON CAPITOL HILL AMONG REPUBLICANS, A SIGN THAT THIS FALL'S MID-TERM ELECTIONS AREN'T GOING TO BE FUN FOR THE PARTY.

Figuring Out Frank

"It's weird figuring out Frank Robinson sometimes. The old man hates walks, thinking they're moral failings on the part of pitchers who are pansies and who don't know how to sac up and challenge hitters. Yet, he issues intentional walks as if he were [General Manager Jim] Bowden praising a toolsy outfielder."

DCBB.BLOGSPOT.COM GETS WORKED UP ABOUT ROBINSON'S WALKING PHILOSOPHY.

Something's Fishy

"[D]id you really need to eat warm (and therefore more odorous) fish on the trip? Not before or after? And a sandwich couldn't do it for you? No cold cuts?"

SOURNSWEET.COM WRITES AN OPEN LETTER TO THE WOMAN EATING A SMELLY FISH ON A CHINATOWN BUS.



End Times Near

"Sue Palka is the best weather-caster on television. I've always felt that there should be a community of people around Sue to share how good she really is. And so today, I did something about it."

CHRISDOUCETTECOMEDY.BLOGSPOT.COM HAS LAUNCHED **SUEPALKA.COM**, A WEB SITE DEVOTED TO THE MUCH-LOVED AND ADORED WTTG-FOX5 TELEVISION METEOROLOGIST.

"Farewell Bartlet Administration. You are the guiding force America should have had ... and if we couldn't have you in reality, we could have you in our dreams ... and in our hearts."

DANIELKUKWA.COM ON SUNDAY'S SERIES FINALE FOR NBC'S "THE WEST WING," WHICH TO MANY GAVE THE NATION AN IDEALIZED VISION OF WHAT THE WHITE HOUSE SHOULD BE.

Live Online

Noted American author **JOYCE CAROL OATES** was online at washingtonpost.com/liveonline Tuesday to discuss her short stories, as well as her other work.

I'm very interested in your take on American life, the violence that you so often portray. This is obviously part of your role as observer. Can you elaborate on that at all?

Writers generally reflect their society and their time. Stendhal spoke of the novel as a mirror moving along a roadway, and this is an excellent image for the realistic novel. It doesn't, of course, reflect the interior of our lives, our psychological and spiritual lives. But another kind of fiction, a more psychologically analytical fiction, can express that life. The tradition in which I see myself is that of psychological realism, which attempts to mirror the complex outside world of society, politics, art, domestic life, as well as to interpret it.

I so treasure your work entitled "Blonde". You seem to be "channeling" MM throughout. How did you research the early years?

Primarily, I did research into the films of Marilyn Monroe that are available, beginning with her

The Write Stuff

earliest movies and moving to her final movie, "The Misfits." I was so very impressed by the quality of her performances, and also, overall, by their diversity.

I read two or three biographies and deliberately did not take very many notes, because I wanted to imagine the astonishing person who was Norma Jean Baker, who became concealed in and eventually lost in the iconic image of "Marilyn Monroe."

I'm really curious as to what you do to dissolve writer's block.

We are often "blocked" for periods of time, but if we work and keep writing and above all keep thinking about the project, almost always a pathway will open to us.

→ Today on Live Online

11 A.M.: Dr. Robert Blum fields questions and comments about risk and protective factors associated with sexually active teens.

NOON: Robert Suro, director of the Pew Hispanic center, discusses President Bush's new proposal on border control.

DON'T

LET IGNORANCE OF D.C. CONTINUE. Yellow Arrow (yellowarrow.net) takes submissions for sites worth seeing, then sends you a big arrow sticker to point it out. Tourists then enter a number on the sticker to get info on their cell phone. Log in and help out.

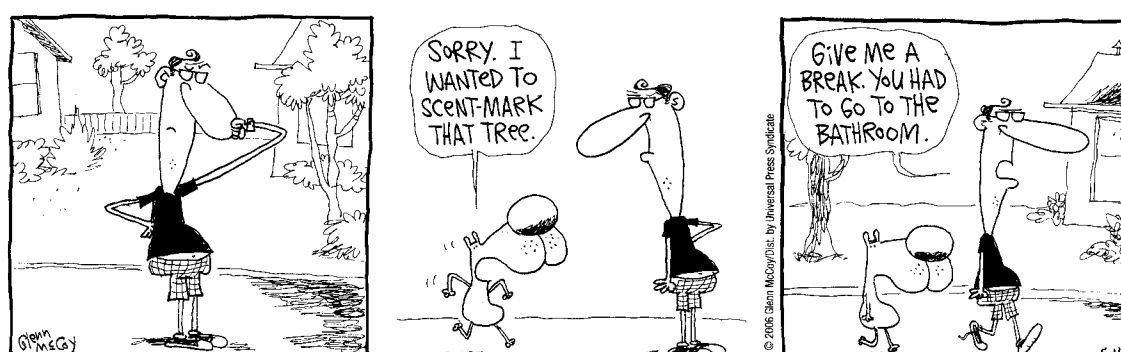
Bizarro | Dan Piraro

Cornered | Mike Baldwin


"We offer a comprehensive benefits plan that covers everything from minor cuts to nasty scrapes."

Pooch Cafe | Paul Gilligan

Pearls Before Swine | Stephan Pastis

The Duplex | Glenn McCoy


Horoscope

By Stella Wilder

TAURUS (April 20-May 20) You'll be tempted to play matchmaker with a friend; make sure you know just what — or whom — he or she needs.

GEMINI (May 21-June 20) You'll feel free to follow your instincts and do exactly that which you've wanted to do for some time — despite what your critics have to say.

CANCER (June 21-July 22) You're in need of a little more emotional security at this time. You may have it, but remember, it's all a matter of give-and-take.

LEO (July 23-Aug. 22) You are in need of a little more than a quick fling. You can have adventure and excitement, even if you have to commit more time and energy.

VIRGO (Aug. 23-Sept. 22) Once you explore the available options, you'll realize you're in for a lot more excitement than you had expected.

LIBRA (Sept. 23-Oct. 22) Take it easy and don't rush; a thoughtful approach is sure

to win the rewards you're after.

SCORPIO (Oct. 23-Nov. 21) You can help someone get in touch with his or her sense of humor, and, as a result, you'll be rewarded in a surprising and valuable way.

SAGITTARIUS (Nov. 22-Dec. 21) You may have little time to get down to business, but once you do you'll get the desired results in no time.

CAPRICORN (Dec. 22-Jan. 19) Social situations provide more in the way of career opportunities than you could possibly anticipate. A chance meeting must not be forgotten.

AQUARIUS (Jan. 20-Feb. 18) That which is unpredictable can be more than intriguing to you; you may encounter a very real threat when faced with uncertainty.

PISCES (Feb. 19-March 20) You may feel as though you've been battling an enemy you can neither see nor understand. Later, you'll get more answers.

ARIES (March 21-April 19) You may have to make an earlier start than you had planned — in the end, though, you'll be grateful for the opportunity to warm up.

Letters

Separate Trains for Kids

IT'S TIME FOR METRO TO RESTRICT children to specific train cars during rush hour. I am tired of listening to screaming babies at 6:30 a.m., and shrieking pre-teens and mouthy teenagers on my trip home. I am

equally exhausted with the parents who yell at, swear at, and even hit their kids in front of everyone. During rush hour, one car on each train should be designated for children under 16 and the adults accompanying them. They can put up with each other's bad behavior, while the rest of us can ride in peace.

—KATHERINE MAJESKY
Washington, D.C.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1886 Congress authorized minting of the 5-cent piece.

1929 The first Academy Awards were presented during a banquet at the Hollywood Roosevelt Hotel. The movie "Wings" won "best production," while Emil Jannings and Janet Gaynor were named best actor and best actress.

1946 "Annie Get Your Gun," starring Ethel Merman as Annie Oakley, opened on Broadway.

1960 A Big Four summit conference in Paris collapsed



In 2001, Robert Hanssen was charged with selling U.S. secrets to Moscow.

on opening day as the Soviet Union leveled spy charges against the U.S. in the wake of the U2 incident.

2001 Former FBI agent Robert Hanssen was indicted on charges of spying for Moscow.



Honey, the peace sign is two fingers.

COPYING

Nicole Kidman Thinks, 'Naomi, Get Your Own Life'

NAOMI WATTS has been named a special representative to the U.N. program for HIV/AIDS. The actress just returned from a trip to Zambia, where she saw a land ravaged by AIDS. "Given these stark realities, I can no longer stand on the sidelines," she said. "I want to use this position as a way to spread the word." (AP)

OPPRESSED

Seat Belts: An Infringement On Our Right to Grave Injury

Police arrested **DMX** after the rap star refused to put on a seat belt and became abusive on a flight from New York to London, authorities said Monday. DMX, whose real name is Earl Simmons, received a caution and was released after his American Airlines flight landed at Heathrow Airport on Saturday. A caution means a person has accepted responsibility for the offense, and a record will be made. (AP)



MODESTY

'I Humble Myself'

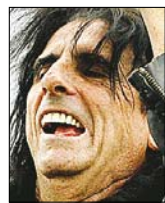
EVA LONGORIA tops Maxim's seventh annual "Hot 100" list of the most successful women in film, TV, music, sports and fashion for the second year in a row. "I was actually really shocked last year when I made the list," said Longoria, 31, who ranked No. 91 on the 2004 roster. "I was like, 'Surely there are more beautiful women in the world.' I can name 10." (AP)

ACTING OUT

North Dakota Reminds The U.S. That It Exists

The key to Alice, N.D., with just a feed store, fire hall and a bar, won't open much for **ALICE COOPER**. Officials from this town of about 60 people presented the aging rocker with a marble plaque and a gold-

plated key Sunday to commemorate his visit to the city that bears



his name. "Alice is a cool guy and Alice is a cool city — so it's a fun thing to do," said Mayor Dan Lund. (AP)

JUSTICE

Show That Destroyed Scott Foley's Life Finally Ends

"Alias" is coming in from the cold. "I think we have done these characters justice and to do any more would be pushing it," says **JENNIFER GARNER**, who plays double-agent Sydney Bristow. After five seasons, the ABC series concludes Monday, May 22. The role made Garner an A-list star and her private life



media fodder. Supermarket tabs tracked her divorce from Scott Foley, her dating of "Alias" co-star Michael Vartan, her marriage last year to Ben Affleck and the birth of their daughter, Violet. "This show will always be the backdrop to me growing up and I did it with these people. They've seen me struggle through stuff, figure stuff out, struggle through it again," said Garner, now 34. (AP)

MESSAGES

God Speaks in Mysterious Ways, And Through Oversized SUVs

STEVE CARELL sprained his ankle while shooting a scene for "Evan Almighty," the sequel to 2003's "Bruce Almighty," Universal Pictures said Monday. Carell hurt his ankle Saturday while stepping out of a Hummer in downtown Richmond, Va., said his spokesperson. The 42-year-old actor, who stars in NBC's "The Office," was "doing fine." Carell was expected to be in New York City on Monday to publicize his TV show. In "Evan Almighty," Carell's character is directed by God (Morgan Freeman) to build an ark. The movie, expected to be released next year, also stars Lauren Graham, John Goodman and Wanda Sykes. (AP)



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LOOK out

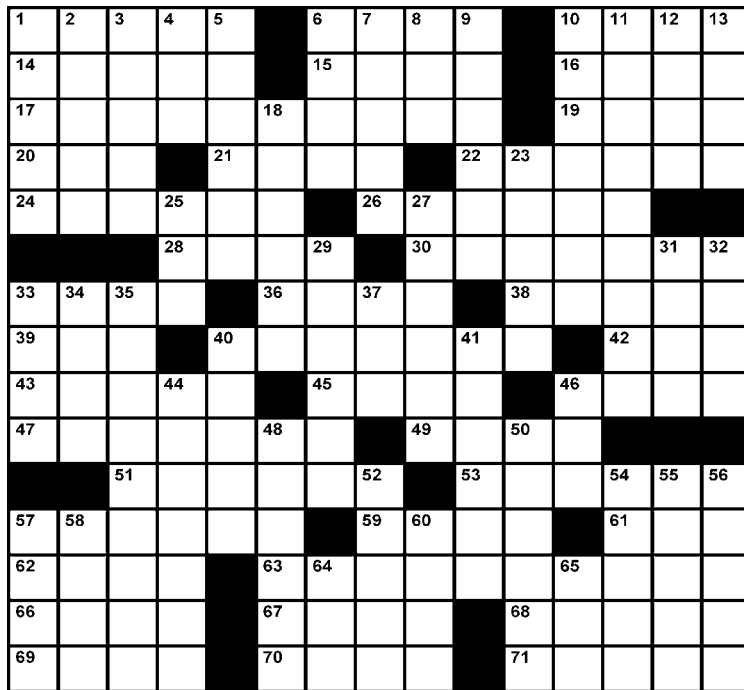
Floored

ACROSS

- 1 Penalizes pay
6 Crude dwellings
10 It could be fishy
14 Ishmael's half-brother
15 Native New Yorker
16 Dandy partner
17 '50s hit
19 Barney's neighbor
20 Ref's ruling, perhaps
21 "If all ___ fails..."
22 Triangular deposits
24 Antipasto staple
26 Impassive
28 Seemingly bottomless
30 Illustrious
33 Runs for one's life?
36 Meridian hour
38 Dissolve, as ties
39 Toreador's trophy
40 Make one's own
42 "Tucker's People" author
Wolfert
43 Happy-hour perch
45 Chipper
46 Red herring
47 Seaquake aftermath
49 Bedouin royalty, perhaps
51 Floating on water
53 Irregularly shaped spot

DOWN

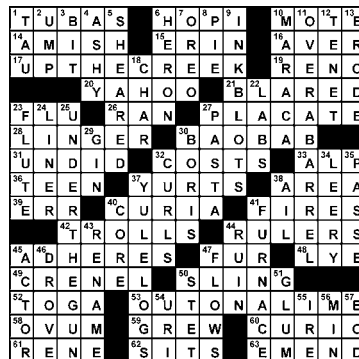
- 57 More doleful
59 Teen fave
61 Southern constellation
62 Plant safety grp.
63 Seasickness candidate
66 Last name in fashion
67 Notion
68 It's tossed
69 One venerated for wisdom
70 Minding everyone else's business
71 Kind of territory



- 29 Pays a quick visit
31 Fifth Roman emperor
32 Caterer's item
33 Be less than serious
34 Feedbag fodder
35 Reporters' subject in February
37 Caveman of comics
40 Cause to beam
41 Word with sex or status
44 How some crazy things are done

- 46 Debate position
48 Saltwater catch, perhaps
50 Maltreat
52 Antler branches
54 Postpone
55 Half of half-and-half
56 Start of a Kramden laugh
57 Covers the earth?
58 Place of many
60 June 6th of '44
64 Brouhaha
65 Restriction

Yesterday's Solution



Su|do|ku

Degree of Difficulty: MEDIUM

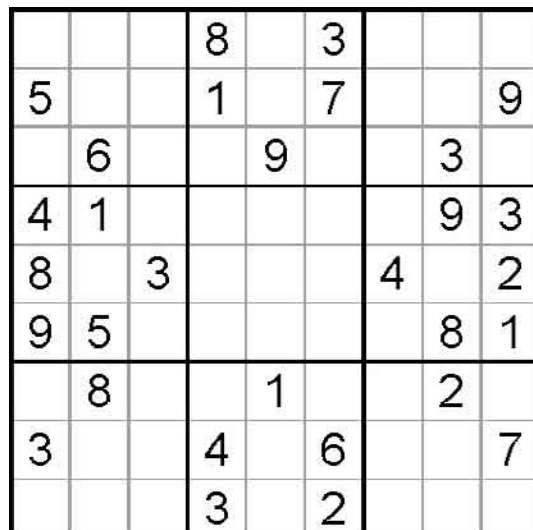
Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?

Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



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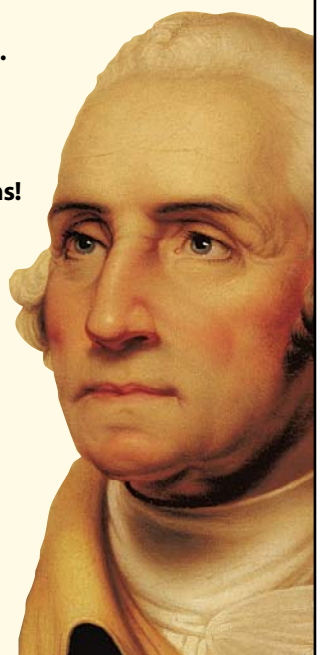
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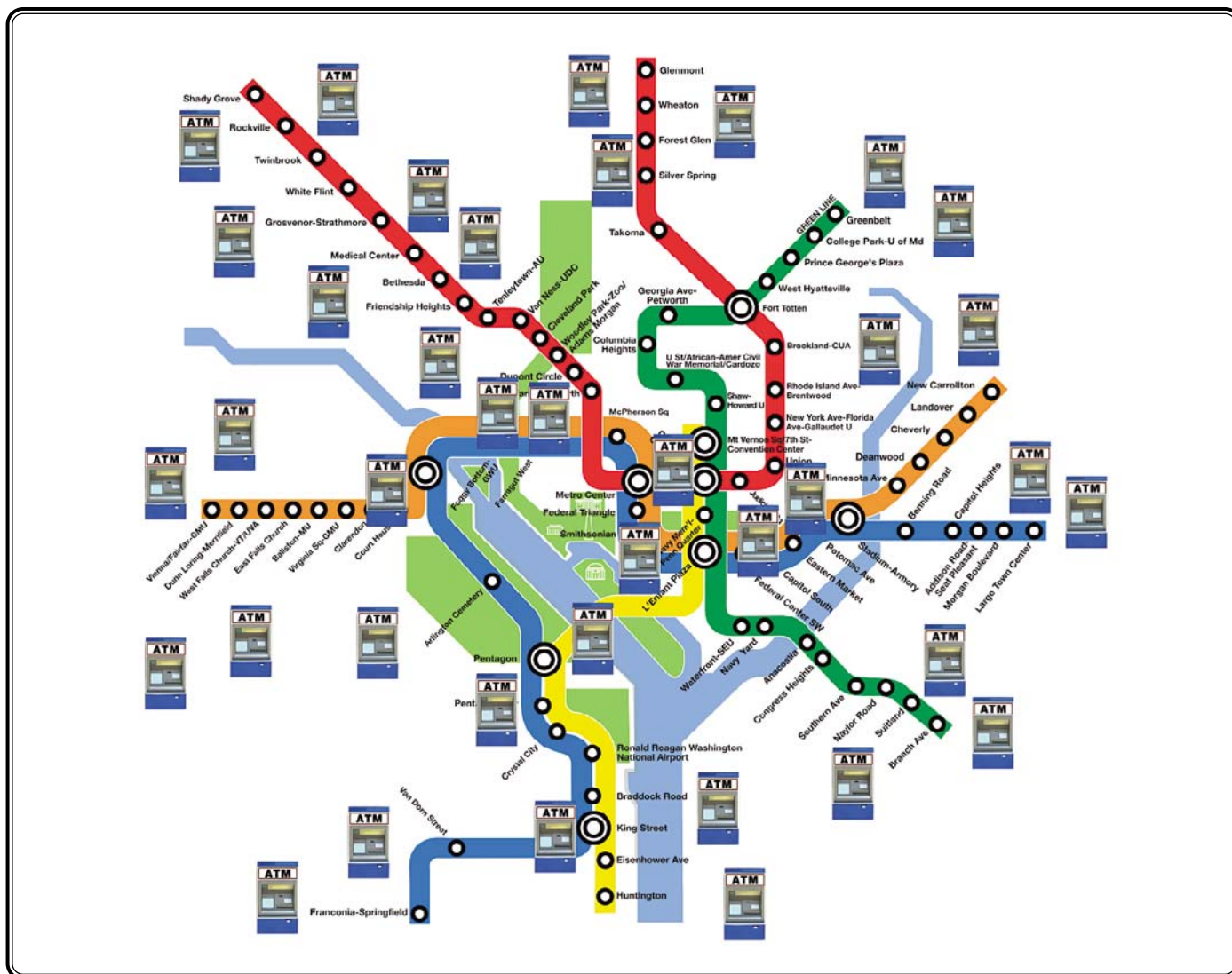
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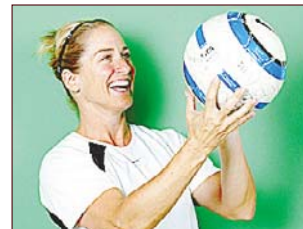
Skin and Tonics



We tested new bathroom boy balms from Origins, Clinique and Target | **E11**

PHYS ED

Meet Soccer Mom



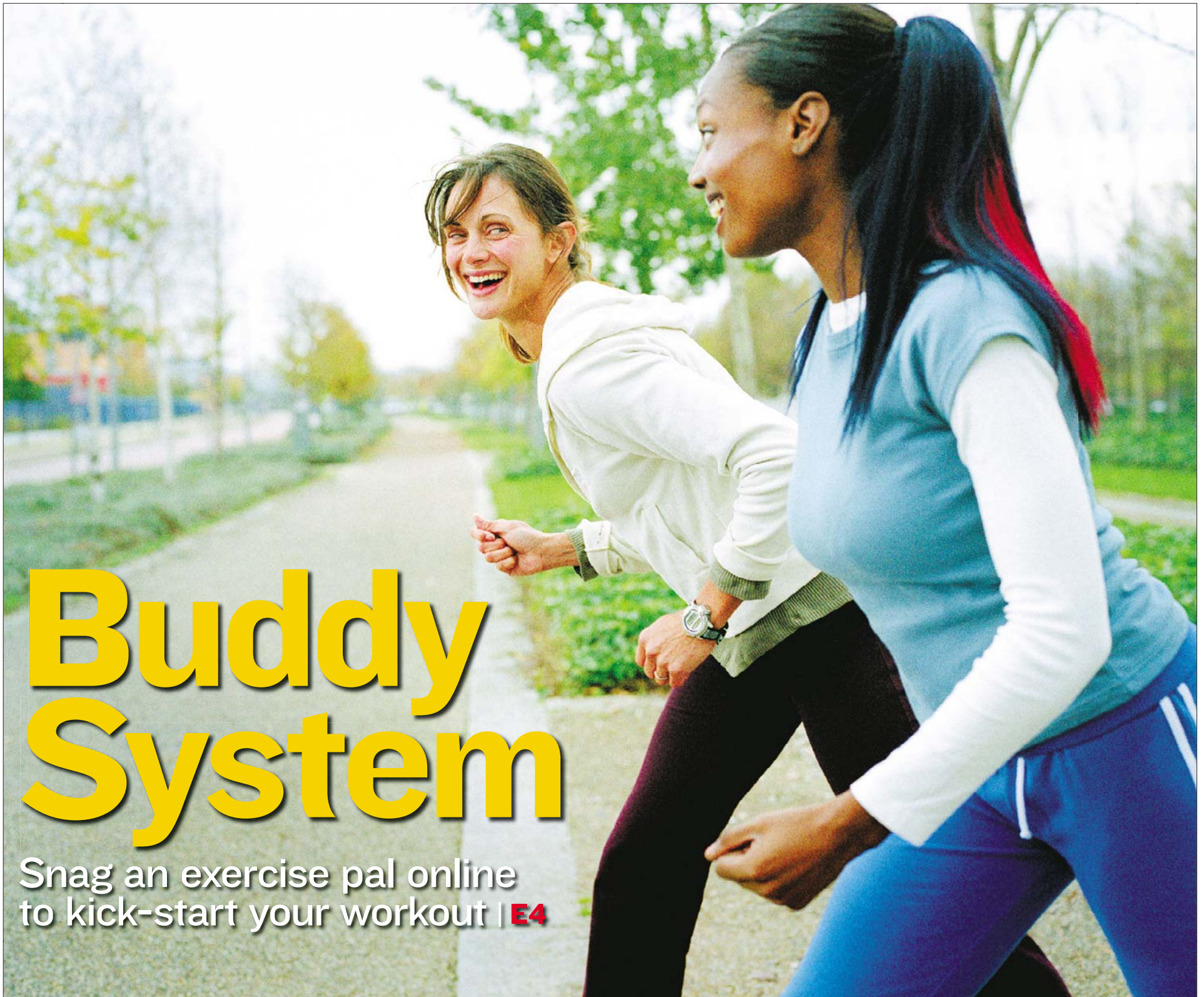
This Arlington resident has real goals — she kicks around with five local teams | **E7**

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GETTY IMAGES

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



Raging in His Car; Lusting in His Thoughts

Q My otherwise mild-mannered boyfriend of more than four months is a total road-rager behind the wheel. It's so bad that I refuse to ride if he's driving, because he scares me. Yet, I don't see him as an angry person in any other context. Is there any hope of him changing? And is his road rage a bad sign about his personality? —NERVOUS GIRLFRIEND

That depends. If your idea of a romantic getaway involves white-knuckling the door handle as the veins bulge out of your expletive-shrieking boyfriend's neck, all because some stranger forgot to put on his turn signal, then no, I wouldn't say this is a bad sign.

Road rage is an interesting animal, and sometimes it does seem to be very compartmentalized — Mr. Congeniality becomes a raving Ron Artest after stepping behind the wheel. But even if this



ERIC REECE

behavior doesn't seep into other areas of your boyfriend's life, it's still a huge problem. At its best, road rage is about as attractive as a lice-ridden comb-over; at its worst, it can kill people. Your refusing to ride with him is a good start, as it lets him know the seriousness of his behavior and how it is — chan-

neling SuperNanny here — totally unacceptable. Hopefully this will eventually provide the motivation for him to change, as many ragers are even more uncomfortable in the passenger seat (their issue is control, after all). Then, you can take it one ride at a time, helping him develop a calming mantra, cre-

ate a simple, silly tension-breaker that can make him laugh instead of fume, and practice deep breaths, muscle relaxation, putting things in perspective and delaying his angry responses.

Q I'm 37 and I've been married for a year and a half. My problem: I'm obsessed with the idea of being with other women. I feel like this may be partly because I wasn't all that sexually adventurous before I was married. I can count all of my partners on one hand. How does one begin to deal with thoughts that seem to be there pretty much all day, every day? —ANONYMOUS

You mean like — and I'm just being hypothetical here — an uncontrollable urge for a McGriddle?

There certainly are thought-stopping techniques that can help you take hold of a visualization and steer it in a different direction. But for these to work, you'll need to unearth the source of your feelings. Is it regret about the experiences you feel you missed out on? Panic that you won't be able to stick to the commitment you made? Guilt

for finding other women attractive? The development of an anxiety or obsessive disorder? Excruciating job boredom combined with a secretary who looks like Jessica Biel?

Knowing what triggers your

At its best, road rage is about as attractive as a lice-ridden comb-over.

thoughts, their frequency and duration, and their exact nature can put you on the road to vanquishing them. It's daunting, yes, and that's why it's better done with the help of a professional. That may be the last thing you want to hear, but until you really dig deep — and figure out the emotions behind the cognitions — no amount of "Quick! Think Camilla Parker Bowles!" will completely ward off those thoughts.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at baggage@readexpress.com. This column is not a substitute for one-on-one care.

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↑ The Ladies Who Crunch

Y CHROMOSOMES GET THE LOVE at most sportswear stores, but Paiva—an offshoot of mega-retailer The Finish Line—is all about getting in touch with the feminine side of exercise. In April, Paiva (pronounced pie-vah) opened its first outlet, in Austin, and this weekend, the Westfield Annapolis location opens its doors. Workout princesses will find attire and accessories for running, yoga and more from brands like Ellesse, OMgirl, Three Dot, Moving Comfort, Prana and adidas by Stella McCartney. Can't trek out to Annapolis but need Nike's Dri-Fit Gaucho (\$55)? You can hit up the store at paiva.com.

NEW
IN HEALTH
**warm
ups**

→ Slightly Healthier

IF THE GIANT FLOWER ON

the bag didn't clue you in, there's something different about Lay's—they're now soaked in sunflower, rather than cottonseed, oil. The new chips have but a single gram of saturated fat per serving, versus three grams before. They still have a hefty 10 grams of total fat, however, which may be why they taste so much like the old Lay's. Ruffles, also in the Frito Lay family, has been sunflower-oiled, too.



→ Ring Tones and Tightens

YOUR REAR END COULD GET A WAKE-UP CALL from your cell phone if you manage to obtain a Nokia 5500 Sport, which is designed to help users exercise. One mode turns text messages into speech (so you don't have an excuse to take a break), another can play 750 heart-pumping tunes and the last is a built-in pedometer and calorie counter. Plus, with its steel casing and rubber grips, the phone's a ruggedly sexy accessory out on the town, too. Tragically for Americans, the \$385 gizmo won't be for sale here, but gadget fiends can snatch one up in Europe, Latin America, the Middle East and China this summer.

PRODUCTS

GuineaPig



Everyone Ready For a Pit Stop?

BESIDES JACK BAUER, whose sweat glands deserve a long vacation, few require an antiperspirant/deodorant that lasts 24 hours. But those planning on long-term perspiring could try Speed Stick and Lady Speed Stick 24/7, which vow to keep wearers dry for a full day. Instead of upping the aluminum, which prevents sweating by plugging up pores, the Sticks use what Mennen calls "micro-neutralizer technology" and "polymer beads" to absorb sweat that escapes the aluminum barrier.

After applying the slimy gel and hoofing it around town for a few hours, we performed check one: still good. Mid-afternoon, we took another whiff and found the pits dry and still pleasantly perfumed with the "fresh fusion" scent. The 24/7 was performing better than our usual brands.

Next, we went to the final exam: a five-mile run. Perhaps no deodorant is built to take such a beating, and the high-falutin' micro-neutralizers were sadly overwhelmed. That T-shirt was seriously soaked and stinky. So, it might not be the best choice for Jack, but it was just fine for us.

VICKY HALLETT (EXPRESS)

Stumbling on HAPPINESS

"THINK YOU KNOW WHAT MAKES YOU HAPPY?"
"This absolutely fantastic book will shatter your most deeply held convictions about how the mind works."—SEVEN D. LEWIS, author of *FREAKONOMICS*



DANIEL GILBERT

← The Secret Is Right Here

We will now reveal the stunning mental-health secret in Harvard psychologist Daniel Gilbert's new book: Asking random people if something makes them happy is the best way to find out if that something will make you happy, too. It's human nature, however, to think you're so unique that this method will never work. And, humans are absolutely terrible judges of how they'll feel in the future. Like, Paula Abdul bad. But if you can stomach his advice, Gilbert can teach you to be a better decision-maker.

Meet The Mat Pack

A yoga teacher picks the reigning mats for down dogs

About the only piece of exercise equipment you might spot in a supermarket or book store is a yoga mat. And Suzanne Sigüenza, an instructor at Unity Woods Yoga in Bethesda, says you'll probably do just fine if you snag one of those

— particularly if it's from the well-regarded Gaiam brand. But there are ways to judge a mat beyond its color.

Shoppers need to keep an eye out for two characteristics (although these can be tough to judge when a mat is rolled up and shrink-wrapped). First, make sure it has some stickiness so you don't slide off while sweaty. (If your mat is slick, Sigüenza has a quick fix: "Run it



Stretching on a PVC-free mat is so hip.

through the cold wash cycle, no detergent, then dry.")

Then, check for cushiony-ness, which can be a bad thing. "If it doesn't provide stability, it's no good," explained Sigüenza, noting, "Old yogis practiced yoga on the ground." So that means thick, comfy Pilates mats can't do double duty when you're feeling yogic.

As for Sigüenza, she does her asanas atop a Jade Harmony mat. At \$40 to \$50, they're pricier than other brands, but they're made of PVC-free, natural rubber. v.h.

VITALSTATS

800

THE AVERAGE DOLLAR AMOUNT, IN THOUSANDS, WON BY PATIENTS WHO TAKE THEIR DOCTORS TO COURT FOR MALPRACTICE.

| THE EXPERTS

TrainReaction

Time Waits Not

Q I'm a busy professional who wants to exercise, but my family and job take up all my time! How do I fit a workout into my frantic schedule?

IF YOU'RE A MORNING PERSON, there is no better time to exercise than before work. You're well-rested and hormone levels, like testosterone, are elevated. Resistance training is extremely effective in the early morning because you can focus more intently. You'll also sustain a higher metabolic rate, thus burning more calories just sitting at your desk before lunch.

If waking up early won't work and family obligations prevent training in the evening, add exercise to your lunch break. Work in 30 minutes of intense aerobic exercise; if you prefer resistance training, choose one or two body parts to focus on. You should have plenty of time to eat some carbs and protein, shower and return to work.

If you do need to work out at night, consider hiring a personal trainer. By evening, you'll be mentally and physically tired from your day. (And hungry, so grab a protein bar or drink before you get going.) With a qualified trainer, you don't have to think at all — just listen, move and feel. Trainers generally charge \$80 to \$100 per hour in D.C., and \$65 to \$85 in Northern Virginia.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.



The Perfect Fit

Solo exercisers turn to the Web for workout buds

After three years in a wonderful relationship, Peace Bransberger found herself alone last week. So the 34-year-old Adams Morgan resident turned to the place she found her last match: the Web.

What she needs isn't so easy to find now that the jogging partner she met on RunWashington.com is leaving town. "I want someone who runs early in the morning, from 6 to 8.

That knocks out a lot of the population," she said. An interest in mountain biking is a plus, she mentioned in her Craigslist posting.

The classifieds portal gets a handful of similar pleas in the "activities" section each day, and now there are a growing number of sites dedicated to tracking down athletic pals. There's YoPlayas.com, AthleticMeet.com, ReadyToSweat.com and many oth-

ers, including the new MyActivity Match.com, which only serves up partners whose schedules mesh.

The biggest player is Exercise Friends.com, which launched in January 2005. It's already one of the top 10 fitness sites (according to Alexa.com) and has 25,000 members in the D.C. area alone, said marketing director Christian Scarborough. "You could find a car online, a house, someone to

date, but you couldn't get someone to exercise with," he said. "On this site, you can't find someone to watch movies or drink beer with. It has to be something healthy."

That's what 27-year-old Kellie Treadwell was looking for when she moved from Ashburn to Warrenton, Va., five months ago. Two weeks after she posted on ExerciseFriends, she got a nibble: "We were both from Michigan, new to the area, about the same age. We both had young children and wanted to get rid of the baby weight." They've been meeting for Pilates and spinning three days a week ever since.

Working out with others is the motivator she needs to get off the couch, Treadwell admits. For others, it's the guilt factor. "If I don't come, there are lonely people waiting on a trail for me," explained 29-year-old Elaine Kim-Cha, who used ExerciseFriends to find pals for her hiking excursions in Cabin John, Md.

Most of the sites declare that they're not for dating, but there is the occasional come-on. "I had a musclehead ask me if we could pump together and he let me know I could pump anything I wanted," Kim-Cha recalled. "I told him I wasn't looking for that."

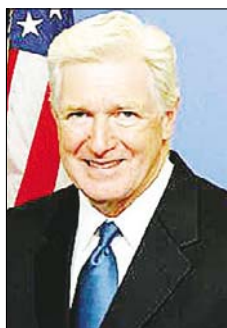
But the process can seem like Internet dating to those who give it a shot. "You're reading profiles and hoping one interests you," explained 24-year-old Joshua Dixon, who posted for a tennis partner on Craigslist last week. When Treadwell first got together with her Pilates buddy, she chose a restaurant as their meeting place, just in case.

As for Bransberger, she linked up with another runner from Craigslist last Thursday morning. "We had a good pace together, similar interests. I'm going to call her again," Bransberger said. Sounds like a perfect match. VICKY HALLETT (EXPRESS)

running for congress

■ Rep. Jim Moran

THIS SUMMER, REP. JIM MORAN is cutting out ice cream, beer, burgers and even Frappuccinos in his quest to drop 60 pounds. He weighed 280 pounds when he started his diet and fitness regimen May 5. By late last week, he'd already lost 10 pounds. "That first stuff is easy," he said. "The next 20 is much harder." For every pound a Falls Churcher loses beyond what he drops, Moran will donate \$1 to the Chamber of Commerce. So if he doesn't eat right, this could be one expensive diet. v.h.



"I'm feeling bloated right now. Tom Davis just had a lunch for the Virginia delegation with those delicious pieces of chicken wrapped in the little blanket things, shrimp fried rice and this beef stuff with beans. I got into a conversation and filled my plate twice."

"My plan is to start running down the Mall at noon. I haven't done it yet, but it's been a busy week. That's my excuse. I also planned to get up and run early in the morning. That hasn't happened either."

"I've done this before. I start working out hard and then all I want to do is drink water. I want fruit, not pastries. It changes my metabolism."

"I lift 50-pound dumbbells from the ground and then curl and press them. I do 150 of those. Then I do one-armed push-ups with 30-pound dumbbells. So I go down on my right arm and push up the dumbbell with my left arm and I'm sideways. I get panting and burn up calories. And I do this chopping-wood motion that reduces the tire around my waist."

VITALSTATS

10.2

THE NUMBER, IN MILLIONS, OF HEALTH CLUB MEMBERS AGES 55 OR OLDER IN 2004, ACCORDING TO A TRADE GROUP REPORT.



Be a Member By Moving In

Apartment gyms get swanky

A reason to miss that early-morning kickboxing class is easy to come by, but when the class is right downstairs, excuses are harder to find.

On Saturday mornings and Wednesday nights, 10 to 15 residents gather in the fitness center at Georgian Towers, an apartment community in Silver Spring, for a free kickboxing class taught by resident Stacy Thomas, who also offers personal training sessions for a fee.

Cleo Clayborne, 24, is a regular. "One of the top reasons is that it is so convenient you feel bad if you don't, because you can see it from your window," he said.

The crew at Georgian Towers isn't alone. Apartment complexes around the region offer workouts extensive enough that tenants don't need to pay for memberships at gyms elsewhere.

For instance, at Topaz House in Bethesda, the building's old beauty salon was turned into a large fitness center, which includes a ballet bar for younger residents to enjoy a Tuesday class.

Other communities, such as Sterling Cascades Overlook, include squash, tennis or basketball courts. The Loudoun County complex has a fitness center, tennis and racquetball courts as well

as a six-hole outdoor putting green. At Camden Roosevelt in Northwest Washington, in addition to a fitness center, sauna and steam room, there's even a rock climbing wall for residents.

Many complexes keep their fitness centers open around the clock, such as Ashton Woods in Howard County. The community also has a volleyball court, pool, tennis courts and spa.

Facilities at Windsor at Arbors in Alexandria are also open all the time. "I think it is a draw to have 24-hour availability with people's schedules," said Alyson Holton, marketing representative at Windsor at Arbors. "It is nice to know you don't have a finite time that you can have the availability."

Karen Kossow, assistant vice president of sales and marketing for KSI Management, a local landlord with buildings around the region, said her company is "not just providing fitness centers, but the services that go along with them." Residents can arrange for personal trainers and masseurs. SARAH ABRUZZESE (SPECIAL TO THE WASHINGTON POST)

One Big Fit Family

→ Apartment buildings' gyms don't just help residents stay healthy — they also foster friendships. Learn more in Saturday's Post | **APARTMENT LIVING**

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Travel at the Speed of Bike

How to vacation with a bicycle

Cycling can be a fun and healthy way to spend a vacation. But traveling with a bike by plane can be difficult and costly. Plan ahead so your wheels can journey as painlessly as possible.

Unlike golf clubs and skis, bikes are considered oversize baggage on domestic flights, where charges range from \$50 and \$75 each way. (The good news: Bikes often fly free on international flights.)

Domestic airlines also usually require passengers to crate their bicycles. A discarded cardboard bike box from your local bike store is a perfect no-cost option. Request a box a few days in advance, since merchants otherwise tend to destroy their empties.

For added insurance, consider investing in a durable plastic case. "It's basically a very organized way of packing and repacking," said cyclist Gary Resnick of Gaithersburg, who sprung for Bike Pro USA's (bikeprousa.com) top-of-the-line case. The \$400 crate is fortified with a steel frame; its four wheels ease maneuvering through airports. Less pricey models start around \$200 at Performance Bikes (performancebike.com) and Trico Sports (tricosports.com).

Arlington cyclist Jonathan Krall dodges pricey crates and airline fees with his collapsible

Bike Friday Crusoe (about \$2,100, bikefriday.com), which fits in a standard-size suitcase and reassembles in minutes. Krall often takes it on business trips: "I'm able to get in morning or afternoon rides on many days."

John Carey, also of Arlington, has made several trips to Europe with two bikes built using couplings that allow him to separate his cycles into halves or thirds. "It's a good alternative to a folding bike," he said of the couplings, which added about \$500 to the price of his single bike and \$800 to his tandem. "You get to travel with a real bike." (See sandsmachine.com for more details.)

Don't want to fly with your cycle at all? Freight haulers like UPS will ship bikes within the U.S. starting at about \$40 each way. And Sports Express (sportsexpress.com) guarantees your bike's arrival date and will pay for a rental if it doesn't arrive when promised.

Whether you check or ship it, be sure you'll have a safe place to stash your crate while on the road. "It pays to shop around," said Norm Weinberg of Springfield, who almost sprang for an airport's offer to hold his bike box for \$15 a day during a week-long Canadian trek — until he discovered the hotel where he was spending a single night would hold it for free. RITA ZEIDNER

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Stephanie Shea-O'Connor plays for five local soccer teams — two year-round.

The Belle of The Soccer Ball

This mom has serious goals

Although Stephanie Shea-O'Connor has three daughters who play soccer, she's not a "soccer mom" in the traditional sense. Her kids are on one team each, but she's a member of five. The 42-year-old Arlington resident, who got back into the game 10 years ago, is profiled on the next episode of "Real Simple" (Sun., 7:30 a.m., WETA).

How tough was it to start playing as an adult?

Pretty difficult. I started pretty quickly after having a baby, so I was feeling beat-up anyway. And then it was like, "Wow, I didn't even know I had muscles there." It totally kicked my butt.

How do you juggle the practices?

The good thing at this age is that we don't practice. We just play. Only one team — my serious team — does. We're going for the Veteran's Cup National women's title in July. This year, we're going to do it.

What kind of a workout is soccer?

The fitness thing is incredible. It's great for endurance. These are 90-minute outdoor games and we're running for 90 minutes. But it's also great for the intangible benefits of being on a team and being with women who are as passionate about it as you are.

But you're more into it than any of them?

There are other women who love soccer. I'm not special. But I guess I am pushing the envelope in playing the most.

Have you gotten injured?

I broke my ankle in summer of 2004. That was a bummer, but that's my only major injury. I've sprained my ankles multiple times, so they don't even look like ankles they're so swollen. When I wear skirts it's comical because of all of the bruises on my legs. But I don't let that stop me.

What's the difference between younger soccer players and older soccer players?

You get girls who skill-wise are phenomenal. They grew up in a much more soccer-friendly environment. When I grew up in Northern Virginia in the '70s, we didn't get that depth of coaching. But the older, wiser thing helps in being able to play the game strategy-wise. It's not random. Every move is meant with something in mind.

Any tips for other women who want to get behind a ball?

Don't be embarrassed about looking goofy. It's a great time on the field and afterwards, when we're grabbing a beer. VICKY HALLETT (EXPRESS)

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| STUDIES

Stethoscope



Forsake the Firesticks

There's a new option for would-be non-smokers: Chantix, a smoking-cessation drug approved by the FDA last week. Besides Zyban, it's the only med on the market that doesn't use nicotine. Chantix, which targets the same brain area as nicotine, both lessens withdrawal (making it easier to quit) and blocks nicotine's effects (to make smoking less fun). According to clinical trials conducted by drug-maker Pfizer, 22 percent of smokers who took Chantix for 12 weeks remained non-smokers a year later.

Read Fit, Be Happy

Docs say exercising makes you feel better. So it follows that not exercising makes you feel worse, right? Right. A study published in the journal *Psychosomatic Medicine* found that people who regularly exercised (at least three times per week for 30 minutes) felt sad and tired within a week of stopping. The better shape they were in, the more depressed they felt after they cut out their workouts.

Too Tired to Get Sick

Nanny nanny boo boo, says new research to the "you can't have it all" crowd. A study of 2,000 British women found that those who did have it all — jobs, kids and husbands/partners — were in better health at age 54 than those who stayed home, raised children alone or had no kids at all. The multitaskers were also less likely to become obese. According to the study, published in the *Journal of Epidemiology and Community Health*, homemakers were the most likely to become obese.



GETTY IMAGES

Naughty 'n' Nice

Find the spark of good in these health threats

Frankly, we're tired of being told that everything under the sun is going to kill us.

We strive to avoid excessive exposure to fat, stress and Ryan Seacrest, yet we're determined optimists. And it turns out that some of the bad things in life actually have some real good in them.

Bad Guy: The Sun

Cancer-causing UVB rays make vitamin D, which enables calcium to leave the intestines and enter the bloodstream. "If you went outside for 10 or 15 minutes without sunscreen, the sun's rays could make 100 times more Vitamin D than is in one glass of milk," said Dr. Susan Sullivan of the University

of Maine. But always wear sunscreen on your face.

Bad Guy: Flab

"Fat on the hips and thighs correlates positively with the good type of cholesterol and negatively with the level of triglycerides in the blood, which are risk factors for heart disease," said Dr. Glenn Gaesser, author of

"Big Fat Lies." In one study, researchers surmised that thigh fat may store triglycerides, blocking it from blood circulation.

Bad Guy: Stress

Short-term stress may be healthy. Job interviews, public speaking, or test-taking spur the body to increase antibodies that help fight infection or injury. "Short-term, sudden, acute stress jump-starts the immune system, stimulating it to work well," said stress expert Dr. Melissa Stöpler.

Bad Guy: Egg Yolks

Women with normal cholesterol levels can eat an egg a day without increasing their risk of heart disease. Egg yolks are also one of the highest sources of choline, a B-complex vitamin important to pregnant women. Egg yolks also contain lutein, which improves memory and protects the eyes from severe vision loss with age.

Bad Guy: Fat

Fats help absorb nutrients: One study found that subjects who ate fat-free dressing on salads absorbed virtually no beta-carotene or lycopene. When reduced-fat and full-fat dressings were used, people absorbed more. Plus, indulging once a week can rev your metabolism. National Institutes of Health researchers found that eating twice the normal amount of calories in a day increased metabolism by 9 percent in the following 24-hour period.

Bad Guy: Carbs

"If you're active, and especially if you exercise regularly, you need to base what you eat on starch carbohydrates to replenish glycogen levels, which is fuel in the muscles and liver," said Dr. Frankie Phillips of the British Dietetic Association. "A low-carb diet can severely deplete glycogen stores, and you won't be able to exercise as efficiently." What's more, eating healthy, starchy carbs ignites the production of serotonin. A pre-dinner snack of graham crackers or cereal will allow serotonin to shut down appetite. But skip the milk. "Protein prevents all this from happening," said Dr. Judith Wurtman, director of the Program in Women's Health at the Massachusetts Institute of Technology. LAUREN RUSSELL (REPRINTED BY PERMISSION OF WOMEN'S HEALTH MAGAZINE. © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Are you having difficulty falling asleep? Are you experiencing involuntary muscle movements? Are you between 35 and 65? You could have **FATAL INSOMNIA**. This incurable brain disorder is usually inherited, though a handful of cases have appeared spontaneously. It's from the same family as mad-cow disease — both are transmissible spongiform encephalopathies, which occur when brain proteins called prions go berserk. Fatal insomnia worsens until its victims can no longer sleep at all. The body's systems veer out of control and dementia sets in; death arrives in an average of 13 months.

SOURCE: MERCK MANUAL. THIS COLUMN IS NOT A SUBSTITUTE FOR MEDICAL CARE.

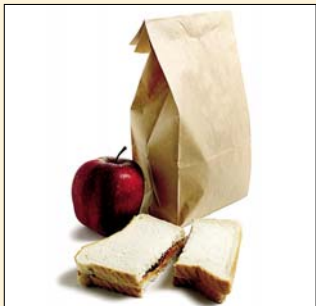
| THE EXPERTS

ChewOnThis

Feed the Bride

Q I need to lose a chunk of weight this month before my wedding, so I'm watching my calorie intake and working out. What should I buy for lunch that's healthy but will fill me up? Caveat: I can't afford sushi or salmon with mixed field greens every day. Is it chicken salads here on out?

EATING OUT CAN BE devastating to both your diet and your wallet, so my advice is to brown-bag it. Focus on protein-packed, fiber-rich lunches that will keep afternoon hunger pangs to a minimum. Try stuffing a whole-wheat pita pocket with leftover grilled chicken



or steak, canned tuna salad made with fat-free mayo, or some peanut butter. Add fiber-rich fresh veggies to your sandwich, such as carrots, spinach, tomatoes, cucumbers and peppers. And choose condiments with a kick, like mustard, salsa, or barbecue sauce, which are big on taste but not in calories.

Add a piece of whole fruit and voila!—a healthy, colorful meal that's inexpensive, too. Crunched for time? Look for similar items in delis or sandwich shops, but beware of fatty sauces (Russian dressing) and sides (potato salad). But please, don't expect to drop too many pounds if your wedding is less than a month away. A healthy rate is one to two pounds per week.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements corporate nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Ultimate Tea-Off

Which methods make the healthiest cuppas?

Each time you sip hot tea, you get a huge infusion of powerful compounds believed to fight off heart attacks and cancer. How huge? A cup of hot tea actually contains more antioxidants than a serving of any fruit or veggie.

But suppose it's iced tea you drink: bottled tea, overnight fridge tea or tea made from powders, liquid concentrates or cold-brew tea bags. How much antioxidant power do you sacrifice by choosing iced tea?

To find out, we sent iced teas to a lab to be analyzed for total antioxidant power (called oxygen radical absorption capacity, or ORAC, units) per 1-cup serving.

Convenience Versus Homemade

Most homemade iced tea (hot-



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brewed and fridge) did have more antioxidants than most convenience teas. So if you want the very max, make your own.

Some iced teas still retained spectacular antioxidant levels. Beating even Concord grape juice, the all-time antioxidant superstar among fruits and vegetables, were Nestea Liquid Concentrate Iced Tea

(green tea with honey), Honest Tea Moroccan Mint (bottled green tea) and Lipton Iced Tea (bottled, sweetened, without lemon). Lipton Cold Brew tea bags even outsourced the fruit that's highest in antioxidants: blueberries.

"Antioxidant levels in any given tea can vary from batch to batch," because of different growing conditions and manufacturing procedures, said Peter Goggi, president of the Royal Estates Tea Company, the tea-buying division of Lipton. Even the lowest-scoring convenience iced teas contained at least as many antioxidants as fruits and veggies such as strawberries and spinach!

Hot-Brewed versus Fridge-Brewed

A fridge tea actually won, edging out hot-brewed iced tea made from the same box of Salada Green Tea tea

bags. Perhaps the winning fridge tea was accidentally agitated more; agitation increases the antioxidants that are released. Our take? Since there was little variation between the fridge and hot-brewed teas we tested, it looks like a draw.

Green versus Black

Both green and black teas had high antioxidant levels. Nevertheless, is one kind healthier? Some studies indicate that green tea may be a potent cancer fighter; other studies hint that black tea may reduce the risk of heart disease.

In fact, drink whichever you like better. "Both types of tea are healthy in both respects," said green tea expert Lester Mitscher of the University of Kansas in Lawrence.

Note: The antioxidant levels in these teas were measured in a test tube. Whether your body absorbs all the antioxidants in tea isn't yet known. Decaf tea, no matter what the decaf process, had antioxidant levels higher than most fruits and vegetables. LINDA RAO (REPRINTED BY PERMISSION OF PREVENTION MAGAZINE.

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Add Some Tang to Your Turkey

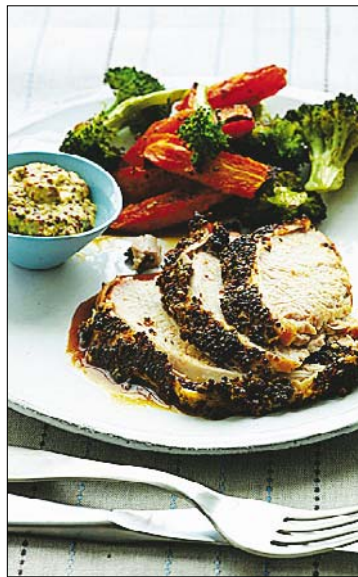
■ Mustard-Crusted Turkey Breast With Carrots and Broccoli

PREP TIME: 20 minutes, start to finish: 1 hour 30 minutes.

INGREDIENTS: One pound carrots (6 to 8 medium), peeled and cut on the diagonal into 2-inch lengths; 3 teaspoons olive oil; Coarse salt and ground pepper; 1 boneless turkey breast half (2 pounds); 3 tablespoons whole-grain mustard, plus more for serving (optional); 1 pound broccoli, cut into large florets, tough ends of stalks trimmed, peeled and sliced 1/4-inch thick.

MAKING IT: Preheat oven to 425° F. On a rimmed baking sheet, toss carrots with 1 teaspoon oil; season with salt and pepper. Push carrots to edges of baking sheet; place turkey in center, skin side up. Coat top of turkey with mustard; season with salt and pepper. Roast until beginning to brown, 20 to 25 minutes.

In a large bowl, toss broccoli with remaining 2 teaspoons oil. Season with salt and pepper; toss broccoli with carrots on baking sheet. Continue roasting, tossing vegetables once, until turkey is browned and an instant-read thermom-



eter inserted in center registers 165 F, 30 to 40 minutes.

Transfer turkey to a cutting board; tent loosely with aluminum foil, and let rest, 5 to 10 minutes. Slice turkey and serve with vegetables, accompanied by mustard, if desired. Makes six servings.



PER SERVING: 269 calories, 7.2 g fat, 38.1 g protein, 13.1 g carbohydrate, 4.2 g fiber.

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Clinique Skin Supplies for Men

THE VERDICT: Industrial! The body wash (\$16) smells like freshly mold- ed plastic, the shampoo (\$14.50) like cleaning sol- vent and the hair serum (\$18.50) like rubbing alco- hol. The minty shave oil (\$13.50) was a hit, however.

4score

New men's skincare lines baffle and amaze



Caldó

THE VERDICT: One of two new lines at Target, Caldó has snobby black- and-white packaging and a generic manly scent. The face moisturizer (\$15) "smells mild, a little like moisturizer," said the World's Least Helpful Tester. He liked the low-lather shaving cream (\$11) and shaving brush (part of an overpriced \$40 set). The most puzzling item: "Scented Stones" (\$20), which one puts in drawers and closets.



Origins for Men

THE VERDICT: Not surpris- ingly, Blade Runner shav- ing cream (\$14), Fire Fighter aftershave (\$18.50) and Easy Slider pre-shave oil (\$18.50) smell like an Origins store — woody, healthy and hip- pie. The tester com- plained that the Easy Slider bottle dispensed far too much oil, though.



Sharps Barber Brigade

THE VERDICT: The Citrus Bite Clean Foam Face Scrub (\$8, Target) "feels like grinding your face into the floor of the Serengeti," but the No-Foam Shaving Gel (\$7) won accolades.



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| THE EXPERTS

SkinDeep

Permanent Tint

Q I was on birth control that made hairs sprout on my neck and chin. When I pulled them out, I developed blemishes, some of which have gotten larger. I'm thinking about having them covered with a permanent tattoo to match my complexion. Is this a safe alternative?

Not to answer a question with a question, but are the hairs growing back? If so, you need to treat that issue first, says D.C.-based dermatologist Alicia Braun.

"Look into a permanent method of hair reduction such as electrolysis or laser treatment," she said. "I wouldn't recommend any cosmetic tattoos until you have



explored that option." If you tattoo first and then go for lasering, "the tattoo may affect your body's response to the laser treatment."

After you're sure the hairs aren't coming back, head to a spa for a chemical peel, which could vanquish the dark marks. If that doesn't work, tattoo away. (We're not talking dragons and hearts, but a swatch of camouflaging pigment.) "A lot of people find them a wonderful way to hide blemishes," said Braun. "They're considered safe but should be a last resort."

You probably don't want to visit your corner tattoo parlor for this. Check around at area spas or salons that use estheticians, and verify their experience with this type of treatment. It takes four to six sessions, which typically run about \$25 each. LYNN THORNE

Want us to ask a dermatologist your skin question? Send your query to skindeep@readexpress.com.

Lock Down Your Locks

Summer sun can hurt hair — here's how to protect your tresses

Summertime, and the living is easy ... but not for your head. Heat from the sun degrades the protective protein in hair, which oxidizes the color to a brassy hue, wipes out shine and leaves locks brittle. On top of that, UV rays, follicle-frizzing humidity and moisture-zapping chlorine and saltwater can parch your 'do.

Protect Color

Because there's no effective chemical product or dye designed to counteract the impact of UV rays on hair color, a wide-brimmed hat is your best weapon. Try one made from a tightly woven UPF (ultraviolet protection factor) fabric (sunprecautions.com).



GETTY IMAGES

Fight Frizz

Moisture in the air makes hair prone to frizzing. A silicone-based smoothing serum can help. "These styling products temporarily 'glue' hair cuticles smooth, preventing

the absorption of water molecules from the air," said Dr. Deborah Sarnoff, a professor of dermatology at New York University. Silicone is the ingredient of choice for frizz fighters because it's non-greasy and microfine. Work in a dime-size dollop of smoothing serum such as Citre Shine Miracle Polishing Serum (\$6, drugstores), which has added vitamins.

Cut Grease

Like oily skin, an oily scalp gets worse in summer. Frequent shampooing (once or twice daily) is the most effective technique for removing buildup. Or, banish grease with a dry shampoo made from oil-absorbing powders, such as Klorane

Extra Gentle Dry (\$15, drugstores). Or make your own by dusting your hairbrush with cornstarch, shaking off the excess, and brushing it through your hair and scalp.

Rescue Swimmer's Hair

It's no myth. Chlorine builds up on the hair and leaves a green film. And this isn't a blonde-only problem, although the buildup is more obvious. To avoid, prep hair before swimming. Like a sponge, dry hair absorbs the first liquid to which it's exposed. Wet hair with tap water before you take the plunge and it won't absorb much chlorinated water. WENDY KORN (REPRINTED WITH PERMISSION FROM PREVENTION MAGAZINE. © RODALE INC.)

More Than the Steam 'n' Squeeze

The Four Seasons' Summer Solstice facial makes pore extractions an art form

Most facials fall squarely into the scrub-steam-squeeze category, with a perfunctory shoulder massage and a high-pressure sales pitch thrown in. Not the Summer Solstice. The first of four new facials debuting at the Four Seasons Spa, it combines a new-to-D.C. line of products and personalized service to make your skin sing.

PHILOSOPHY: Customization is key. The facialist analyzes your skin and chooses treatments accordingly. The spa is also the only one in the D.C. area to offer huge-in-Europe Anne Semonin products, which use trace elements and essential oils. The range of products is staggering, covering every possible skin type and problem.

PREP: The locker area is extravagant without being intimidating. Arrive early to take advantage of the steam room, where the vapor's so thick it's like walking through eucalyptus-scented cotton candy.

PROCEDURE: Intense analysis kicks off the process. To put it bluntly, my skin was in bad shape.



ANNE SEMONIN

Bliss
Out

The Spa at the Four Seasons, 2800 Pennsylvania Ave NW; 202-944-2022; fourseasons.com/washington. Duration: 80 minutes. Price: \$190. Book by May 21 and receive a special gift.

The esthetician promised no miracles, and expressed genuine concern that I wasn't taking

care of my face. The soothing Anne Semonin products smelled much less medicinal than your run-of-

the-mill spa fare. Cleansing took about 30 minutes, followed by steam and extraction. She decided not to remove every blackhead, since this would further anger my skin, which in turn would wreak vengeance in the form of more blackheads. She went after the big ones with tissue-covered fingertips, and removal was so thorough I could feel the gunk sliding out of my pores like the last bit of toothpaste out of a tube. Extractions are never fun, but these were merely uncomfortable, as opposed to outright painful. The shoulder, neck, arm and hand massage was a restful treat after the squeeze. She followed up with moisturizing elixirs like apricot and oregano oils to brighten my dead-looking skin.

OUTCOME: Afterward, my skin was red only around the areas of extraction, and my face lacked the plasticky, too-tight look that often follows facials. A pimple I could feel waiting to burst forth never emerged. What left me most impressed, however, was the esthetician's apparently bona fide desire to see my skin looking better.

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